

5 Ways to Better Wellbeing

There are lots of small things we can do to support our mental health and wellbeing. Here are a few suggestions to try!

SAMH

Scottish Action for Mental Health

Connect

Staying in touch with loved ones can help us feel happier and more secure. Even a chat can lift our mood.

- Ask someone who you're with how they are, and take the time to really listen
- Meet up with friends or family to watch a film or sports

Be Active

Being active is great for our physical health, but it also supports our mental health and wellbeing.

- Go for a walk, jog or push.
- Try a new sport or activity
- Meet up with friends or family to take part in a group activity
- Try your local jog**scotland** group

Take Notice

Whether you're with friends or taking a moment for yourself, try to be aware of the present.

- Get out in the fresh air and notice what you can see, hear or smell
- Notice how you and others are feeling
- Spot key points of interest in the city

Learn

Learning enhances our self-esteem and confidence, and can be a great way to meet new people.

- Take part in our 5 Ways activity
- Learn a new skill, or rediscover an old one!

Give

Giving can be very rewarding - people with an interest in helping others are more likely to say they are happy.

- Volunteer your time and energy for a cause you are passionate about
- Do something that makes you feel good and helps you look after yourself

Tracking your 5 Ways activity

If you liked our ideas, or have some of your own, try our 5 Ways to Better Wellbeing activity. You can use this page to note your progress and also share your achievements with others!



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