

# 5 simple things that **YOU** can do

TO IMPROVE YOUR  
MENTAL HEALTH  
AND WELLBEING

## Connect

With people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Building these connections will support and enrich you every day.

## Be Active

Exercising makes you feel good. Go for a walk or run. Cycle. Garden. Dance. Most importantly, find a physical activity you enjoy and that suits your level of mobility and fitness.

## Give

Do something nice for a friend. Volunteer, Join a community group. Giving your time and being kind can be very rewarding, boosts your mood and increases your wellbeing.

## Give



## Connect



## Be Active



## Keep Learning

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Try something new. Sign up for that course. Fix a bike. Learn how to cook your favourite food. Learning new things is fun and will make you more confident.

## Take Notice

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Be curious. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



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## To find out what is available locally visit

### Learning Trust

[www.learningtrust.co.uk](http://www.learningtrust.co.uk)

A fun place for kids aged 4 to 12 to play during the holidays. Activities include arts & crafts, outdoor play, games, den building, sports, trips and much more.



### MIND

[www.chwellbeingnetwork.london](http://www.chwellbeingnetwork.london)

This wellbeing network offers targeted programmes for mental and physical wellbeing



### Public Health

[www.hackney.gov.uk/WhatsOn](http://www.hackney.gov.uk/WhatsOn)

Hackney Council website provides a list of what's on in Hackney. Categories include: Arts & Entertainment, Children & Young People, Courses & Workshops, Festivals and Events, and Health, Sports and Fitness.



### Volunteer Centre

[www.vchackney.org](http://www.vchackney.org)

The volunteer centre aims to encourage and develop the roles of volunteers within the community. They match people to causes they are interested in and hope to increase the spirit of community within Hackney.

