

5 Ways to Wellbeing

#MentalHealthAwarenessWeek 10 - 16 May 2021

We're inviting you and your colleagues to immerse yourself in our 5 Ways to Wellbeing campaign this Mental Health Awareness Week!

The '5 Ways to Wellbeing' are a set of pillars which are key to improving our mental health. They're geared around themes of social connectedness, physical activity, awareness, learning, and giving. Across the week, join us by building in some small yet effective activities into your daily lives to better your mental health!

Connect

Build new connections in your life, be it through friends, family, colleagues or neighbours. Think of these as the cornerstones of your life and nurture them.



Be Active

Exercise makes us feel good. But you don't need to be a fitness fanatic to boost your wellness. Whether it's walking, running, cycling or dancing, just move in a way that works for you.



Take Notice

Becoming more aware of the world around us helps us see the unusual and notice simple pleasures. Reflect on your experiences and appreciate what matters most.



Keep Learning

Learning something new keeps us engaged. Try something different, rediscover an old interest or sign up to that course you've always wanted to do!



Give

Giving encapsulates many things, from giving a gift or donation, giving thanks or giving your time through volunteering. The key is giving support to others.