Mental Health Day

10th October 2017

These are the 5 simple steps to help maintain and improve your wellbeing. Try to build these into your daily life.

1. **Connect** – connect with people around you
2. **Be Active** – and discover a physical activity you enjoy
3. **Take notice** – Stop and take a moment to notice things in everyday life and think about how this makes you feel
4. **Keep learning** – don't be afraid to try something new.
5. **Give** – do something nice for a friend or stranger, thank someone and smile.

Visit the website; www.mindingyourhead.info