

WINNING WAYS TO WELLBEING

1 Take notice

Enjoy the moment: Walk a different route to work or visit somewhere new

2 Connect

Talk and listen: Ask how a friend is or call instead of texting

3 Be active

Improve your physical wellbeing: Go for a walk or take the stairs

4 Give

Your time to help others: Volunteer in the community or simply say thank you

5 Keep learning

Enhance your self-esteem: Sign up for a class or read a book



For additional information and local and national support organisations, visit:

www.talkcommunitydirectory.org/mentalhealth

TALK COMMUNITY

 Herefordshire
Council