

Five Steps to Well-Being

Connect With Others



Good relationships are important for your mental wellbeing.

They can:

Help you to build a sense of belonging and self-worth

Give you an opportunity to share positive experiences

Provide emotional support and allow you to support others

Mental Wellbeing Toolkit - Connect with others
(coramlifeeducation.org.uk)

Be Active



Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

Raising your self-esteem

Helping you to set goals or challenges and achieve them

Causing chemical changes in your brain which can help to positively change your mood

[Mental Wellbeing Toolkit - Be active
\(coramlifeeducation.org.uk\)](https://coramlifeeducation.org.uk)

Take notice (mindfulness)



Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

[Mental Wellbeing Toolkit - Take notice
\(coramlifeeducation.org.uk\)](https://coramlifeeducation.org.uk)

Learn and create



Keep learning

Research shows that learning new skills can also improve your mental wellbeing by:

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

- Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your lives.

[Mental Wellbeing Toolkit - Keep learning
\(coramlifeeducation.org.uk\)](https://coramlifeeducation.org.uk)

Give to others



Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

[Mental Wellbeing Toolkit - Give
\(coramlifeeducation.org.uk\)](https://coramlifeeducation.org.uk)