



Belfast Strategic Partnership
supported by
Belfast Health Development Unit



We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practice every day:



Connect

Connect with the 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

Step outside, go for a walk or run, cycle, play a game, garden or dance. Exercise makes you feel good! Find a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Be aware of the world around you and what you are feeling. Be curious, catch sight of the beautiful, savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends.



Keep learning

Don't be afraid to try something new. Learning new things will make you more confident, as well as being fun to do. You could sign up for a course, learn how to play an instrument or how to cook your favourite food.



Give to others

Look out, as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you. Smile, volunteer your time, thank someone or join a community group.

The 5 ways to wellbeing were developed by the New Economics Foundation

www.mindingyourhead.info