



**Mental Health
Ireland**

FIVE WAYS TO WELLBEING

SIMPLE ACTIONS YOU CAN DO
IN YOUR EVERYDAY LIFE TO
FEEL GOOD & FUNCTION WELL

CONNECT

With the people around you at home, work, school and in your local community.

BE ACTIVE

Step outside. Go for a walk, cycle, garden or dance. Discover a physical activity that suits your lifestyle.

TAKE NOTICE

Savour the moment whether you are walking, eating or talking. Be aware of the world around you and what you're feeling.

KEEP LEARNING

Try something new. rediscover an old interest. Take on new responsibilities. Fix a bike. Learn how to cook your favourite meal.

GIVE

Do something nice for a friend or a stranger. Thank someone. Volunteer. Join a community group.

'The Five Ways to Wellbeing' (n.e.f. 2008)

**TAKE
NOTICE**

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GiVE

**KEEP
LEARNING**