

5 Ways to Wellbeing

Creating good mental wellbeing can be achieved in a variety of ways-check out our 5 ways to wellbeing to help you get started incorporating some new activities into your life that are sure to boost your mood!

Connect

Connect with other people!

Call an old friend or distant relative, ask a new co-worker if they want to sit with you at lunch, join a community group

(Be) Active

 **Move your body!**

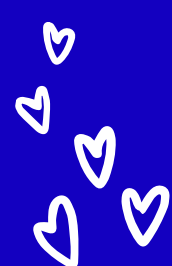
Go for a run/walk/swim/dance, join a class with a friend or go at it on your own in the great outdoors

Notice



Take notice of your environment!

Turn off your phone for an hour, try a new walking trail or simply spend some extra moments in your local park



Give

Do something for someone else!

Volunteer for a local community group, ask your neighbour if they need any help or have a mate date with someone in need of a listening ear

Keep Learning



Learn something new!

Read a new book, try your hand at knitting or take a free online course in a completely new subject

This poster is brought to you by



Tyneside and
Northumberland

assuring every person within Tyneside and Northumberland has access to the mental health support that they need.

If you would like to get involved contact:

Tel: 0191 477 4545 | fundraising@tynesidemind.org.uk

CALL OUR SUPPORT LINE NOW

7 Days a Week 8am-10pm

Our listening and support line provide easy access to mental health and wellbeing information to all aged 16 and over living in Newcastle, Northumberland and Gateshead.

CALL 0191 477 4545 or 0330 174 3174

(Calls are charged at local rate)i

Call us
when you
need us!

A listening
ear
alongside
emotional
support.