

## Why Connect?

### How connecting to others can help your wellbeing

There is strong evidence that social relationships are important for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. The more connected and less alone we feel the happier we feel.

## Why Keep Learning?

### How learning can help your wellbeing

Keep learning is not just about learning facts, it's about when you are doing something you enjoy and you become absorbed in that task. This is called 'Flow' and is good for your wellbeing.

Keep learning also helps as setting targets and hitting them can create positive feelings of achievement.

Learning often involves interacting with other people. This can also increase our wellbeing by helping us build and strengthen social relationships.

## Why Be Active?

### How being active can help your wellbeing

Regular physical activity is associated with a greater sense of wellbeing and lower rates of depression and anxiety across all age groups.

Participating in as little as 10 minutes of activity can increase mood, being active in bouts of 10 minutes or

more is a great way to start – and if it helps you to feel good then why not give it a go.

## Why Take Notice?

### How taking notice can help your wellbeing

Some people call Take Notice "mindfulness", and it can positively change the way you feel about life and how you approach challenges.

Studies have shown that being aware of what is taking place in the present (through our sensations, thoughts and feelings) directly enhances wellbeing and can reduce stress levels.

## Why Give?

### How giving to others can help your wellbeing

Even the smallest act of giving or kindness counts, whether it's a smile, a thank you or a kind word. Larger acts of giving or kindness, such as volunteering at your local community centre, or joining a community group can improve your mental wellbeing and help you build new social networks. Seeing yourself, and your happiness, linked to the wider community can be rewarding and creates connections with the people around you.

Feelings of happiness and life satisfaction have been strongly linked with active participation in social and community life. Helping, sharing and giving are likely to be linked with an increased sense of self-worth and positive feelings.