

5

Steps to mental wellbeing

Three Little Birds research shows there are 5 simple steps we can all take to improve our mental wellbeing.

We suggest giving them a try, they usually invoke feelings of happiness, positivity, and the meaning to life.

Be active

Start with at least 20mins of frequent movement:

- Walk
- Cycle
- Dance
- Gardening
- Housework

Being active at your mobility level makes it more enjoyable and sustainable. You don't want to be an athlete but increasing your commitment will make a massive improvement to your physical & mental health.

Keep Learning

Discover a new interest, challenge yourself & raise your expectations to new heights:

- Read
- Listen
- Hobbies
- Travel
- Language
- Creativity & Music

Keeping an active & open mind enables personal growth, with growth comes confidence. Paced self-learning makes it more enjoyable & easier to maintain.



Connect

Let people around you enrich your life through social events, chats, family time:

- Dinner Parties
- Holidays
- Sharing
- Activities
- Being Supportive

Connections help us experience value and purpose in life. Interacting with others is a basic human need. Mentally and Physically humans evolve by naturally breaking & creating connections.



Be mindful

Be aware of the world around you. The sights, sounds, scents of the beautiful & the unusual:

- Changing Seasons
- Acts of kindness
- Power of nature
- Laughter
- Birdsong

Appreciate the everyday natural world & what it means to you. Savour the moments to reflect and recall when you're feeling low or isolated.



Give to Others

Look out for others, make someone smile with a gesture of kindness or a thankyou:

- Donate
- Appreciation
- Community support
- Volunteer
- Sharing

Giving is a gift we can all share and it costs nothing. The only gift that spreads happiness to people we may never meet.

Why not give and see what happens?

