

CLING on...

...to your mental well-being.

Connect

with family, friends, the community and pets. Listen and share - both the ups and downs.

Learn

Have new and different experiences, learn something every day.

Into Action

Aerobic exercise, weight-training, meditation - It's all good for you!

Notice

Be mindful and curious of the world around you, see the beauty in nature and art, and use all your senses to explore.

Give

a hug, a smile, kindness, a meal, thanks. Be grateful for what you have.

If you are doing these things and not feeling good please seek professional help.

Adapted from neweconomics.org/projects/five-ways-well-being



www.makeheadway.com.au