

There are 5 steps that you can take to improve your **mental health and wellbeing**. Trying these things could help you to feel more positive and to embrace *'living life to the full'*.



**BARLBY**  
**WELLBEING**



**Talk and listen.**  
**Be there for people.**  
**Feel connected,**  
listening carefully.

Good relationships with people are important for your mental wellbeing. They give you chance to share positives and provide support when it's needed.



**Move your mood.**  
Find **active** things  
that you **enjoy**.  
Enjoy the

Being active is not only great for your physical health, but improves mental wellbeing too. It raises self-esteem as well as releasing hormones which improve your mood.



Remember the  
**simple things** that  
make you **smile**. Pay  
attention to the

Listen to your thoughts and feelings and be aware of the world around you. This can help you to approach situations more positively in life.



Embrace **new**  
**experiences**.  
Seek **opportunities**.  
Find out **new**

Learning new skills boosts wellbeing by building self-confidence and self-esteem. This can include things such as cooking something new at home or trying a new hobby.



**Give your time.** Give  
**your words.** Give  
**your presence.**  
**Acts of kindness.**

Giving and acts of kindness support mental wellbeing by creating positive feelings and purpose. Giving also helps you connect to others too.