



**Mental Health
Ireland**

**TAKE
NOTICE**

CONNECT

BE ACTIVE

GIVE

**KEEP
LEARNING**

FIVE WAYS TO WELLBEING

SIMPLE ACTIONS YOU CAN DO IN
YOUR EVERYDAY LIFE TO FEEL
GOOD & FUNCTION WELL

CONNECT

With the people around you at home,
work, school and in your local community.

BE ACTIVE

Step outside. Go for a walk, cycle, garden
or dance. Discover a physical activity that
suits your lifestyle.

TAKE NOTICE

Savour the moment whether you are walking,
eating or talking. Be aware of the world around
you and what you're feeling.

KEEP LEARNING

Try something new. Rediscover an old interest.
Take on new responsibilities. Fix a bike.
Learn how to cook your favourite meal.

GIVE

Do something nice for a friend. Thank someone.
Volunteer. Join a community group.

'The Five Ways to Wellbeing' (NEF, 2008)