

# 5 Steps to Improve Your Mental Health and Wellbeing

## CONNECT

### **Talk and listen, be there. Feel connected.**

Good relationships are important for your mental wellbeing. They can:

- ♦ help you to build a sense of belonging and self-worth
- ♦ give you an opportunity to share positive experiences
- ♦ provide emotional support and allow you to support others

## BE ACTIVE

### **Do what you can, enjoy what you do, move your mood.**

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- ♦ raising self esteem
- ♦ help you to set goals or challenges and achieve them
- ♦ causes chemical changes in your brain which can help positively change your mood

## KEEP LEARNING

### **Embrace new experiences. Seek opportunities, surprise yourself.**

Learning new skills can improve your mental wellbeing by:

- ♦ boosting self-confidence and raising self esteem
- ♦ helping you to build sense of purpose
- ♦ helping you connect with others

## GIVE

### **Your time, your words, your presence.**

Acts of giving and kindness can help improve your mental wellbeing by:

- ♦ creating positive feelings and sense of reward
- ♦ giving you a feeling of purpose and self-worth

## TAKE NOTICE

### **Remember the simple things that give you joy**

Paying more attention to the present moment can improve your mental wellbeing:

- ♦ this includes your thoughts, feelings, your body and the world around you
- ♦ “mindfulness” awareness
- ♦ helping you connect with others

**Free & Confidential Support is Available**

**Call Your EAP to be Connected with a  
Therapist Who Can Help.**



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