

# 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

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Therapist Who Can Help.

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