

## Mind Your Mental Health

# 5 ways to improve your wellbeing

Here are five things we can do every day to improve our mental health and wellbeing:

### 1. Connect

Build and strengthen relationships with the people around you. Meet up with friends, have lunch with a coworker or join a group in your community. Feeling close to and valued by others, including at work, is critical to boosting wellbeing. When we devote time to these relationships, we feel happier and more secure, giving us a better sense of purpose.

### 2. Be active

Look for ways to be active every day. Find something you enjoy and that suits your fitness and mobility, like running, walking, gardening, dancing and working on projects around the house. Being active every day causes changes in our brain which can positively affect our mood and decrease stress, depression and anxiety.

### 3. Give

Carrying out acts of kindness for other people, whether small or large, can increase happiness, life satisfaction and a general sense of wellbeing. Make someone a meal, help with a project or volunteer at an organization. You could just ask a friend or someone you work with how they are and really listen to the answer. Giving back to others can create positive feelings and help us feel more satisfied with life.

### 4. Take notice

Be present in the here and now. Pay attention to the world around you, nature, people and your thoughts and feelings. Becoming more aware of the present moment boosts our wellbeing by helping us enjoy the world we have around us and understanding ourselves better.

### 5. Keep learning

Practice new skills and seek information about topics that interest you. Try a new recipe, listen to a podcast or fix something in your home. Generally being curious and seeking out new experiences at work and in life can boost your confidence and self-esteem, help you build a sense of purpose and connect with others.

Each of these five practices have been shown to make a positive difference in how we feel and live our life.

**Call your Employee Assistance Program at 1-866-580-9046 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) to get started.**

