



DENI MHAG

# 5 WAYS TO WELLBEING

Five simple and effective ways to improve your psychological and emotional health.

## CONNECT

Connect with people around you



Contact a friend to catch up

Have dinner with family



Join a group and meet new people

## BE ACTIVE

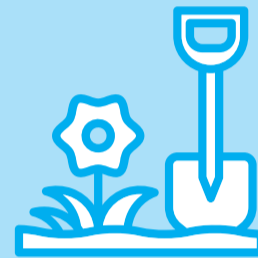
Exercise, diet and sleep

Go outside for a walk or run



Dance!

Do some gardening



Ride a bike

## BE AWARE

Take notice of the world around you



Notice the changing seasons

Try meditation



Be mindful of sounds and smells

## KEEP LEARNING

Learn something new or rediscover an old interest

Try a musical instrument or craft



Listen to a radio program or podcast

Read a new book



## HELP OTHERS

Do something kind for a friend or stranger



Smile or say hello

Give your time to a community group



Help a neighbour

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