

WORRIED?  
WE'RE HERE  
TO LISTEN

Call Childline  
on 0800 1111



## Five Ways to Wellbeing

### 1. Connect...

with people around you: friends, family, colleagues or neighbours. Strengthening these connections will support and enrich you every day.

### 2. Be active...

find an activity you enjoy: go for a walk, do some gardening, dance, just step outside. Exercising at a level that suits you will make you feel good.

### 3. Take notice...

savour the moment, whether you're walking to work, eating lunch, or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.

### 4. Keep learning...

try something new or rediscover an old interest. Set yourself a challenge like cooking a favourite meal, fixing your bike or signing up to a course.

### 5. Give...

do something nice for a friend or a stranger: smile, volunteer, say thank you. Seeing yourself linked to the wider community can be very rewarding.

Looking for support?

Call the information service  
on 01865 247788 or visit  
[www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)

Oxfordshire



Oxfordshire Mind, 2 Kings Meadow, Oxford, OX2 0DP Registered Charity 20476

WE KNOW IT CAN BE HARD TO GET HELP.

CAMHS LIVE IS HERE TO HELP YOU ACCESS THE MENTAL HEALTH SERVICES YOU MIGHT NEED. SPEAK TO OUR ADVISORS ABOUT THE RIGHT OPTION FOR YOU.

LIVE AND ONLINE: [WWW.NHFT.NHS.UK/CAMHSLIVE](http://WWW.NHFT.NHS.UK/CAMHSLIVE)

camhs

Where Young Minds Matter

