



**CONNECT-** Keep in touch with friends and family. Call round and see people, make phone calls, send texts or use video calling.



**BE ACTIVE -** Play games with your friends, join a local club or gym, go for a walk or run.

**GIVE -** Caring for others can help our own mental health. Offer support to freinds and family. Volunteer at a local club or group.



**KEEP LEARNING -** Find out more about somthing that interests you. Learn a new skill , read books and take up a new hobby.

**TAKE NOTICE -** Notice the beauty around you. Take notice of all the positive things and people in your community.

