



## Giving

Holding out a helping hand makes other people happy and will make you feel happier too.

**Give it a go:**

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement



## Relating

The people around you offer a valuable pool of support so it's important to put time into strengthening those connections

**Give it a go:**

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day

## Awareness

Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.

**Give it a go:**

- Pay attention to your senses — what can you see, hear or feel around you?
- Choose a regular point in the day to reflect



## Exercising

Regular activity will provide an endorphin boost and increase confidence

**Give it a go:**

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work



To find out what you can do to support positive mental health visit [www.compassionnet.ca/Wellness](http://www.compassionnet.ca/Wellness) and click on Resources and then Mental Health

## Trying out

Learning new things is stimulating and can help to lift your mood.

**Give it a go:**

- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you



## Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens.

**Give it a go:**

- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills



# 10 KEYS TO HAPPIER LIVING

This resource was developed by [mhfaengland.org](http://mhfaengland.org).

To learn more about the Mental Health First Aid course offered by Covenant Health, [visit CLiC](#).

## Direction

Working towards positive, realistic goals can provide motivation and structure.

**Give it a go:**

- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way



## Acceptance

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

**Give it a go:**

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do

**EXPLORE WELLNESS**

## Meaning

People who have meaning in their lives experience less stress, anxiety and depression.

**Give it a go:**

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others



## Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

**Give it a go:**

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

**BONUS:** [click to read](#) more on nutrition and mental health

