



Take5 steps to improve your Emotional Wellbeing



www.makinglifebettertogether.com



GIVE: Do something nice for a friend, or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. Look out, as well as in, seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

BE ACTIVE: Go for a walk or run, step outside, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy, one that suits your level of mobility and fitness.



CONNECT: Connect with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones in your life and invest time in developing them. Building these connections will support and enrich you everyday.

KEEP LEARNING: Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



TAKE NOTICE: Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.





A SPORT

Mental Health Awareness Resource

Awareness

For the last two weeks or longer are things not right? Is it about...

Social Isolation...

Withdrawn from friends, family and the community. Lonely. Lost interest or enjoyment in the sport/activity

Physical Health...

Not eating or sleeping well, lack of regular exercise. Loss of energy and tired all the time. Unexplained aches and pains

Obvious Changes..

Sad, moody, worry a lot, teary, restless, on edge or irritable. Weight loss or gain. Increased use of alcohol or substance abuse. Difficultly concentrating or can't make decisions.

Reacting in the wrong way....

Lashing out verbally and physically, bursts of anger, acting out of character

Tough Times...

Issues with school, work, or home life, performance level. Relationship Breakup, major illness, injury or recent tragic or disturbing personal events.

If you notice any of these signs in A SPORT you are involved with then assist people to get help or seek help yourself if you can relate to any of the points above. See a doctor, local mental health charity or call Lifeline.

If somebody's life is in danger call Lifeline

SUPPORT /ADVISE



www.lighthousecharity.com



<http://tamhi.btck.co.uk>



