

Being able to talk to our friends and family is a great way to relieve worry but also good for building social links.



# CONNECT

Moving more and staying active helps your mind to relax and helps to feel more positive.



**NHS**  
Tameside and Glossop  
Clinical Commissioning Group

**Tameside**  
Metropolitan Borough

# BE ACTIVE

Taking notice can broaden your awareness. Being aware of what is taking place in the present directly improves your wellbeing.



# TAKE NOTICE

Read, take up a new hobby or trying something new is great for keeping the mind active and positive.



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# KEEP LEARNING

Giving your time to help someone else can help increase a sense of generosity and therefore help with positive wellbeing.



# GIVE