

1

Staying in touch with **family & friends** can help us to feel happier & more secure.

**Good connections provide emotional support and allow you to support others!**

active

2

**Being active is great for our mental health.**

If you're thinking about taking up an activity, choose one that you'll enjoy & can make **part of your life**.

3

learning

Learning something new activates the release of the 'feel-good' chemical **dopamine** which helps you cope with **stress**, & increases your **energy levels & immunity**.

# mind yer mind

connections

## Simple tips to help you look after your mental wellbeing

5

Paying more attention to the present moment '**mindfulness**' can help you enjoy life more

It can positively change the way you feel & how you approach challenges.

taking  
notice

4

Showing kindness is good for **other people's mental wellbeing** as well as our own.

**Acts of kindness** could be small gestures, or big ones like volunteering for a charity.

giving



Aberdeenshire  
Community Planning Partnership

@mindyermind  
mindyermind.com

