

# 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



# 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



# 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



# 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



# 10 KEYS TO HAPPIER LIVING

ACTION FOR HAPPINESS

Find out more about the science behind the 10 Keys to Happier Living and lots more ideas for action at [actionforhappiness.org](http://actionforhappiness.org)



MHFA England

Visit [mhfaengland.org](http://mhfaengland.org) to learn about Mental Health First Aid and how you can support a friend, family member, colleague or student with their 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



# 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



# 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



# 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



# 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



# 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

