

5 ACTIONS THAT CAN HELP YOU BOOST YOUR MENTAL WELL-BEING

Connect with Others



Spend time developing relationships with family, friends, neighbors, schoolmates, workmates. Call people instead of text/email/chat, visit a friend, arrange a day out with friends you have not seen for awhile.

Keep Learning



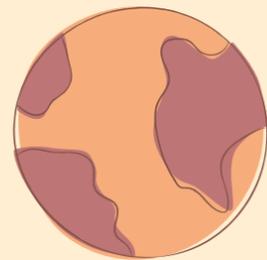
New skills can give you a sense of achievement and new confidence. For instance, DIY projects, enroll in a course, rediscover an old hobby or get a new hobby.

Get Active



Take a walk, cycle, run. Find an activity you enjoy and make it part of your life.

Be Aware of Yourself and the World



Be more aware of the present moment. Notice the everyday. Watch and name your thoughts and feelings. Free yourself from the past and future.

Give to Others



Even the smallest act can count. Smile, say a kind word, offer to lend a hand, listen to someone, volunteer.



PREVENTION
COLLABORATION
COMMUNITY STRENGTHS
ACTION RESEARCH

cwcskenya.weebly.com