



## Five ways to wellbeing



### Connect for mental wellbeing

Connecting with our loved ones and people in our community is very important, particularly during challenging times like this. Spending time with the people we live with can help us to connect and understand one another.

Knowing we have trusted people around us can make us feel supported and is good for our mental well-being. When was the last time you thought about the people you have around you? Family, friends and other people you can talk to? Try the following activity to create a visual picture of your own network of support.

### To connect

Draw an outline of your hand.

Fill in one person on each finger that you could talk to if t you need to.

The list should include adults in your life as well as friends, people that you don't see so often, as well as those you do. It can also include pets.

On your fingernails write any online networks you belong to – e.g. Facebook friends, WhatsApp, online forums etc.

On the wrist write any external sources of support like local websites and

helplines or somewhere they might turn to in an emergency.

