



Keep
me
in
good
shape...

...with a mental
'health
'five
a day'

Give
Do something
nice for someone

**BE
ACTIVE**
Boost your energy
and mood by doing
something active

**KEEP
LEARNING**
Learn something
new to boost your
confidence and
have fun.

**TAKE
NOTICE**
Be curious about
the world and
savour the
moment

Build connections
with the people
around you

CONNECT