



# 5 Ways to Wellbeing Challenge

Take our 5 Ways to Wellbeing Challenge – get sponsored to improve your wellbeing and at the same time help Mind in Harrow make sure no one has to face a mental health problem alone.

## Connect!

Experts suggest that feeling close to, and valued by others is a fundamental need and benefits our mental health. Try...

- calling or visiting a relative or neighbour that might feel lonely
- a proper sit-down dinner at home, taking time to really talk about each other's wellbeing

## Be active!

Regular physical activity is associated with better mental health. And you don't have to run a marathon or search out your sweat bands, just walking is also hugely beneficial. Try...

- going for a walk every day
- downloading the Couch to 5k app or podcast

## Take notice!

'Taking notice' can strengthen awareness, and 'being present' can directly enhance your wellbeing. Try...

- taking a walk – but pay close attention to each of your senses. What do you see? What do you smell?
- downloading the HeadSpace app for daily meditations and grounding techniques

## Keep Learning!

Continued learning through life enhances self-esteem, encourages social interaction and is associated with higher levels of wellbeing. Try...

- learning to cook something new
- a new hobby that challenges you, such as painting or writing

## Give!

Research has shown that an act of kindness once a week over a six-week period is associated with an increase in wellbeing. Try...

- handwriting a note to thank someone who is always there for you
- helping in the house with a chore or DIY you wouldn't normally do

## How many can you do?

Tick the box for each wellbeing activity when you have completed it. Don't forget to note down which activity/activities you have completed to show your sponsors. You can do more than one of each!

Thank you so much for supporting Mind in Harrow. Every pound you raise will help us make sure no one has to face a mental health problem alone. Just £4 is enough to help one person through our Mental Health Helpline.



Connect

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Get active

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Take notice

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Keep learning

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Give

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### Useful links

Download a sponsorship form

[bit.ly/MindinHarrow-sponsorshipform](http://bit.ly/MindinHarrow-sponsorshipform)

Set up a Justgiving page

<https://www.justgiving.com/mindinharrow/donate>

Create a Facebook fundraiser

<http://bit.ly/Create-a-Facebook-fundraiser>



in Harrow