



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 feel alone.

Connect!

Experts suggest feeling close to and valued by others is something we all need to feel good. 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 how you all are feeling

Be active!

Regular exercise is linked to better wellbeing. You can walk, run, play football - anything active is good! Try...

- 100 star jumps
- picking your favourite song and dancing around your bedroom

Take notice!

'Taking notice' can connect you to the things around you, and improve your wellbeing. Try...

- taking a walk – but pay close attention to each of your senses. What do you see? What do you hear? What do you smell?
- put on music that makes you feel happy and notice what happens in your body as you listen – are you smiling? Does your body feel relaxed? Or does it feel like moving?

Keep Learning!

Continued learning increases your confidence and is linked to higher levels of wellbeing. Try...

- learning to cook something new
- new hobby

Give!

Research has shown that an act of kindness once a week over a six-week period can increase your 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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 Take notice

 Keep learning

 Give

Useful links

Download a sponsorship form

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>