

# Looking after your mental wealth



Mental wealth is an internal resource built from

- what we think and how we talk to ourselves
- what information and ideas we feed our mind with
- what we do – meaningful work and hobbies
- how we care for ourselves – sleep, diet, exercise, relaxation, lifestyle choices
- accepting things as they are and focusing on the good and what we do have

What do you do that builds up your mental wealth?

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What do you do that spends or drains your mental wealth?

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## These 5 Ways to Wellbeing cultivate and grow a strong and full pot of mental wealth

### Connect...

Connect with the people around you - family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you.

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### Be Active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

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### Take Notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

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### Keep Learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you'll enjoy. Learning new things is fun and grows confidence.

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### Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you

What sorts of things could you start or do / do more of in each of the 5 ways?



These evidence based 5 behaviours are underpinned by cultivating a sense of meaning, purpose & direction, having things to look forward to, being positive, grateful and kind (to yourself as well as to others) and being at ease with yourself

Look at the [NEF](#) and [Action for Happiness](#) website to learn more.

So, what will you do more of? less of? differently? new? to grow the size and strength of your mental wealth pot