Relating
The people around you offer a valuable pool of support so it's important to put time into strengthening those connections.

Give it a go:
• Meet up with someone you haven’t seen in a while
• Turn off distractions to chat with friends or family about your day

Exercising
Regular activity will provide an endorphin boost and increase confidence.

Give it a go:
• Find an activity that suits you and your schedule
• Swap the car on short journeys and cycle or walk to work

Awareness
Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.

Give it a go:
• Pay attention to your senses — what can you see, hear or feel around you?
• Choose a regular point in the day to reflect

Giving
Holding out a helping hand makes other people happy and will make you feel happier too.

Give it a go:
• Share your skills or offer support
• Ask friends, family or colleagues how they are and listen without judgement

Trying out
Learning new things is stimulating and can help to lift your mood.

Give it a go:
• Take on a new role at work or school
• Try out a new hobby, club or activity that interests you

Direction
Working towards positive, realistic goals can provide motivation and structure.

Give it a go:
• Choose a goal that is meaningful to you, not what someone else expects of you
• Remember to celebrate progress along the way

Meaning
People who have meaning in their lives experience less stress, anxiety and depression.

Give it a go:
• Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
• Volunteer for a cause, be part of a team, notice how your actions make a difference for others

Resilience
Although we can’t always choose what happens to us, we can often choose our own response to what happens.

Give it a go:
• Find an outlet such as talking to friends or writing it down
• Take action to improve your resilience skills

Emotions
Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Give it a go:
• Take time to notice what you’re grateful for and focus on the good aspects of any situation
• Set aside time to have fun

Acceptance
No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

Give it a go:
• Be kind to yourself when things go wrong
• Shift the focus away from what you don’t have and can’t do, to what you have and can do