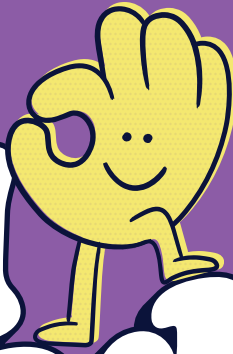


5 ways to

feel good



These **5 activities** have been scientifically proven to boost your mood: it's worth considering how they fit into your every day, even in the smallest of ways.

1

Connecting with other people

Old friends, new friends, or just smiling at someone as you walk past: connecting with others can make you feel part of something bigger.

2

Getting active

Moving more is great for your brain too. From jogging to dad dancing, finding something you enjoy makes it easier to keep up.

3

Learning something new

Giving something a go gives us confidence and a sense of purpose: and you don't even have to be good at something to get the benefits!

4

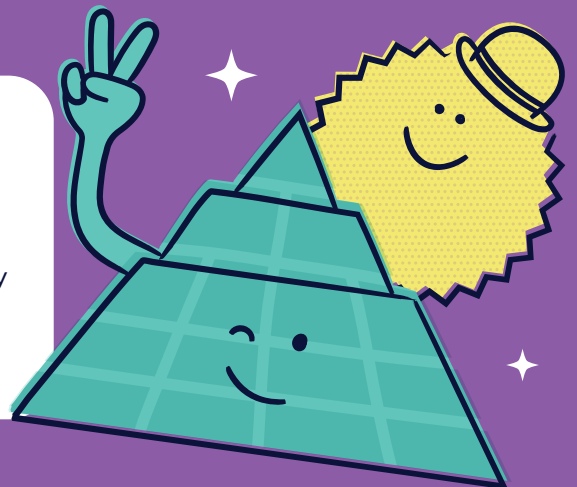
Giving

Acts of kindness have 'feel good magic'. It doesn't have to cost money: your time, your words, and your presence all count.

5

Taking notice

Remembering the simple things we appreciate every day can help us to stop worrying about the past or the future.



What one thing could you do more of?

For more info and inspo, visit

healthystockport.co.uk/feelgood