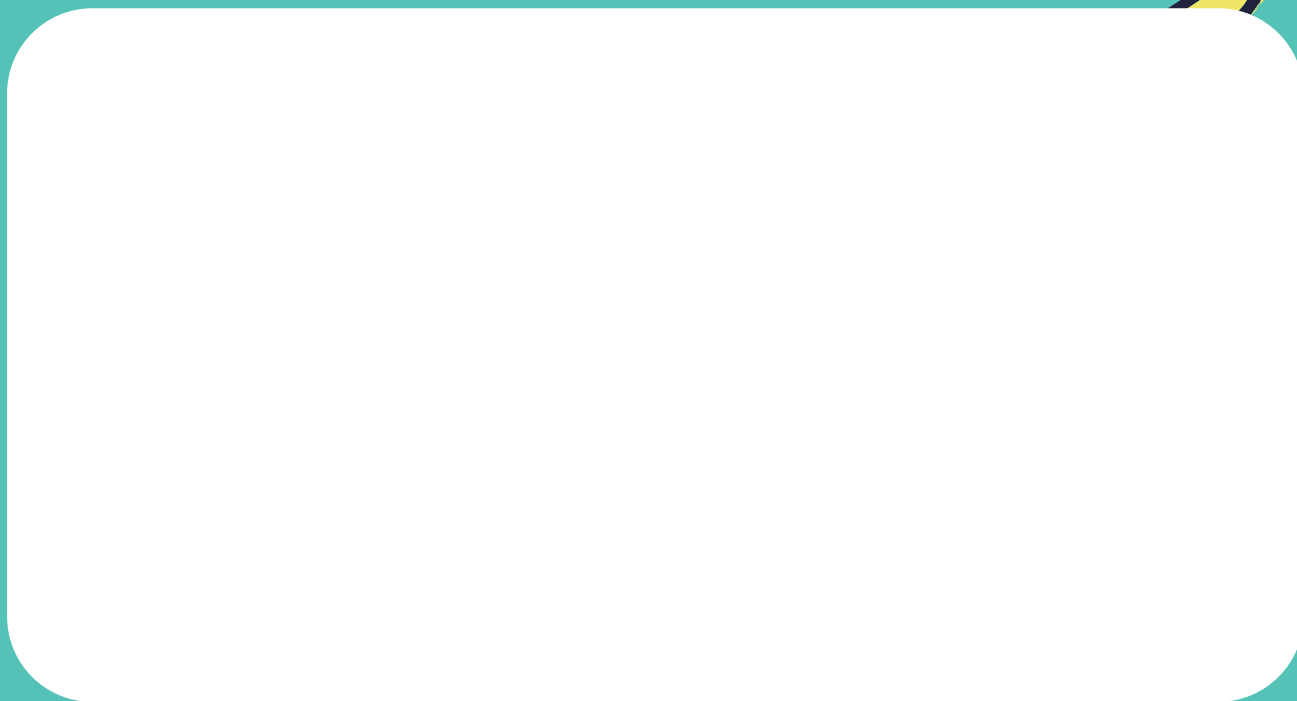




Connecting with others

Forming a pub quiz team, checking in on a neighbour, or breaking the ice with a stupid GIF. They're all ways to connect with the people around us – and connecting more regularly can make life that little bit more meaningful.





Getting active

From joining a Sunday League, to getting your bike out of the shed, to dad dancing: get those feel-good chemicals in your brain by moving more every week.





Learning new things

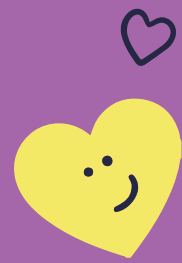
It's scientifically proven that regularly learning new things is a mood-booster. It could be anything: from gardening, to painting, to boxing. And you don't have to be good at it – you just have to do it.





Giving more

Acts of kindness have 'feel good magic' for us all. It's a win-win that doesn't have to cost money. Volunteering, reducing your carbon footprint, even giving way to people when you're driving: they all count.





Taking notice

Research has found that if we slow down and take notice of the things around us, it can help us to stop worrying about the past or the future. And there are easy ways to do this, from gardening, to knitting, to stroking the dog.



A large, empty white rounded rectangle with a drop shadow, intended for writing notes or a list of ways to take notice.

