



# 5 steps to improve your mental health

## Connecting

- Teach someone about a new app
- Attend an activity in the community
- Have a baking date with someone
- Send a letter/email to an old friend

## Being Active

- Play in the park
- Listen to a podcast
- Try a new physical activity
- Walk in a different location

## Taking Notice

- Eat with your friends; no phones allowed
- Sit alone and watch your surroundings
- Pray or meditate
- Review a photo album

## Learn New Things

- Learn 5 new words in a week
- Try out a new board or digital game
- View things to learn at your local library
- Read something fulfilling

## Giving

- Make a card for someone
- Help with a chore around your home
- Volunteer time within the community
- Do something nice for a stranger



Visit the QR code to download the Five to Thrive accountability calendar