



5 TO THRIVE

5 steps to improve **your** mental health



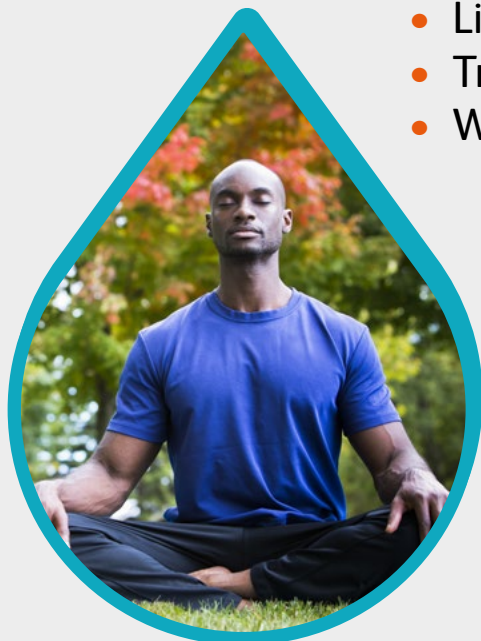
Connecting

- 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



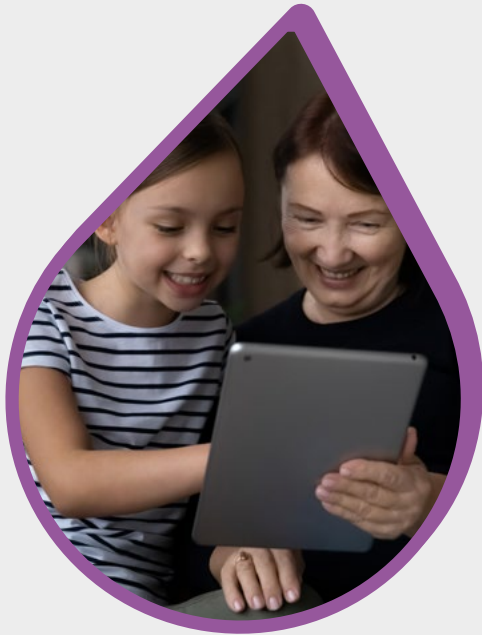
Being Active

- 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



<https://fivetothrive.net>