

Wellbeing and mental health



- <https://www.who.int/>
- [wellbeing-guide-mhuk_digi.pdf](https://www.wellbeing-guide-mhuk_digi.pdf)

Five top tips for mental wellbeing

1. Communicate¹⁾
2. Make life better for others
3. Feed your creative side
4. Balance your diet and maintain a healthy lifestyle
5. Keep Active

¹⁾

https://s3-eu-west-2.amazonaws.com/mhukcdn/wp-content/uploads/2019/05/08103409/Wellbeing-Guide-MHUK_DIGI.pdf