Help others

It's often said that it's better to give than to receive. It's no secret that doing something nice for others makes you feel better about yourself and the world. In healing others, you heal yourself

Exercise

Many believe exercise is only a physical thing, but it is not. Physical exercise is important, but we also need to exercise other aspects of our lives, such as exercising using less technology.

Learn

Learning something new every day is important, as it keeps the brain active. A positively engaged mind promotes a positive mood. Engage in mentally stimulating activities, such as Sudoku or word puzzles.

The acronym "HELPS" provides an easy-to-follow guide which can be used by everyone to promote and maintain their mental health.

5 STEPS

TO IMPROVE MENTAL WELLNESS

Play

We have to make time to play and to have fun in order to live balanced lives. Remember the famous words of George Bernard Shaw: "We don't stop playing because we grow old; we grow old because we stop playing."

HELPS stands for:

Help others e.g random acts of kindness
Exercise e.g take the stairs instead of the lift
Learn e.g Learn to say hello in a different language
Play e.g sign aloud along with the music
Spiritual growth e.g. read your bible, pray

Spiritual growth

"Keep a journal of all the blessings you receive each day - the big ones, and especially the little ones" - Psalm 103:1-2

Happiness HELPS™

Help others
Exercise
Learn
Play
Spiritual growth

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Help others   Exercise   Learn   Play   Spiritual growth