

# 5 ways to wellbeing

New Economics Foundation (2008)



## Keep learning

- Try something new.
- Rediscover an old interest. Have fun.
- Set a challenge you will enjoy achieving.
- Improve your confidence & sense of purpose.
- Raise your self-esteem.

**\*Become a Mental Health First Aider!**

## Be active

- Step outside.
- Exercise makes you feel good &
- Raises your self-esteem.
- Feel the weight of your bike.
- Ride with purpose. Balance.
- Do some bike skills training

**\*Lean into a corner!**

## Take Notice

- Enjoy the moment. Create some headspace.
- Be aware of the world around you.
- Be aware of what you are feeling.
- Reflect on your experience &
- Appreciate what matters to you most.

**\*Savour your helmet time!**

## Give

- Do something for a friend or stranger
- Smile, nod or wave.
- Look out as well as in.
- Seeing yourself & your happiness linked
- to a wider community is rewarding.
- Volunteer.

**\*Become an ambassador!**

## Connect

- Invest time with people around you
- They are the cornerstones of your life
- They will support & enrich you everyday.
- Rideout to meet someone.
- Be part of our peer support network.

**\*Join our Group!**

For more information visit:  
[www.mhmotorbike.com](http://www.mhmotorbike.com)

