We have all heard the five-a-day fruit and veg message, but did you know that there are five easy ways to give your mental wellbeing a boost!

Take notice

Taking the time to pause, reflect on your environment and making the most of the moment at hand is great for general wellbeing.

Rebecca enjoys a slice of the good life down at the farm

Read Rebecca's story www.healthysuffolk.org.uk

Be active

Physical activity is good for our bodies and minds and can even be fun! It needn’t mean trips to gyms or expensive equipment – make lunchtimes count.

Jason takes to the court

Read Jason’s story www.healthysuffolk.org.uk

Keep learning

Experiencing something new is fulfilling in its own right, a great way to meet new people and a boost to our mental wellbeing.

Sing when you’re winning! Caroline’s to-do list with a difference…

Read Caroline’s story www.healthysuffolk.org.uk

Connect

Give

Take notice of the world around you

Read Jason’s story www.healthysuffolk.org.uk

Sing when you’re winning! Caroline’s to-do list with a difference…

Read Caroline’s story www.healthysuffolk.org.uk

Keep learning

Experiencing something new is fulfilling in its own right, a great way to meet new people and a boost to our mental wellbeing.
**How do you get your five a day?**

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<th>Day</th>
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**Fit for purpose! Wendy rises to the wellbeing challenge**

It can mean volunteering, but small things count, from smiling at colleagues to remembering to thank someone.

Read Wendy’s story [www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk)

**Lunch is for champs! Frances steps out in Lowestoft**

**Connect with your friends, family, neighbours or colleagues**

Good relationships with others are important, increasing your feelings of happiness and self-worth.

Read Frances’s story [www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk)

Find out more [www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk)  
[healthandwellbeing@suffolk.gov.uk](mailto:healthandwellbeing@suffolk.gov.uk)