***What helps my own Wellbeing?***

***What do I need?***

***CONNECT WITH PEOPLE***

***BE ACTIVE***

***TAKE NOTICE/BE MINDFUL***

***KEEP LEARNING***

***GIVE***

***Small acts of kindness make a world of difference, even a smile***

***Note 3 things each day to be grateful for***

***Focus on the present moment***

***What you practice grows stronger***

***Do one thing at a time***

***Practice time being - rather than doing - with God***

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[**actionforhappiness.org**](https://actionforhappiness.org/) **(/talks-library)**

[**www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/**](http://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/)

[**www.rethink.org**](http://www.rethink.org)

[**www.sane.org.uk**](http://www.sane.org.uk)

[**mhfaengland.org**](https://mhfaengland.org/) **(Mental Health First Aid England)**

[**www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/**](http://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/)

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[**www.samaritans.org**](http://www.samaritans.org/)

[**www.papyrus-uk.org**](http://www.papyrus-uk.org) **(young suicide)**

**itsgoodtotalk.org.uk (find a counsellor)**

**Living with a black dog on** [**YouTube**](http://www.youtube.com)

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