

# 4. Keep Learning

Enjoying new things will make you feel more confident. Try something new or rediscover an old interest. Why not have a look at the new skills and hobbies provided at Medway Adult Education?

[medwayadulthoodeducation.co.uk](http://medwayadulthoodeducation.co.uk)



# 5. Give

Do something nice for someone, help out in your community or volunteer your time if you can.

[medway.gov.uk/VolunteerinMedway](http://medway.gov.uk/VolunteerinMedway)



# Advice and support

To find out more go to [medway.gov.uk/mentalwellbeing](http://medway.gov.uk/mentalwellbeing)

For confidential emotional support text MEDWAY to 85258 or phone the Release the Pressure helpline on 0800 107 0160 (open 24/7)

# Five ways to wellbeing:

# Overcoming stress

**A BETTER MEDWAY**  
Easier ways to be healthy

*Medway*  
Serving You



We all know what it feels like when the stress and strain of life starts to pile up on us. The Five Ways to Wellbeing are simple activities which help us to feel OK when times get tough. They can't change the problems we face but they can help us to cope during the stressful times.

## 1. Connect

Join in with the people around you.

This provides support and can improve the way you feel.

Meet up with friends and family, in person, virtually or visit your local community centre.

[medway.simplyconnect.uk](https://www.medway.simplyconnect.uk)

## 2. Be active

Increasing your physical activity can make you feel better.

Discover something you enjoy doing e.g. walking, swimming, gardening or even flying a kite in the park.

More ideas and free groups can be found at:

[everydayactivekent.org.uk/communities/medway](https://www.everydayactivekent.org.uk/communities/medway)

## 3. Take notice

Take a few minutes to slow down and try to be aware of the positive things around you.

Notice the changing seasons and nature for example.

Mindfulness apps and meditation can be helpful to manage an over busy mind

[nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters) to create your own mind plan

