

# 6 WAYS TO WELLBEING

## 1 CONNECT

Spend time with people. Maybe join a sports or social club?



## 2 BE ACTIVE

Stay active. You don't have to run a marathon or join a gym. Walking more regularly will do the trick.



## 3 TAKE NOTICE

Take a moment to look at life around you and then take time to reflect.



## 4 KEEP LEARNING

Your brain craves attention. Challenge yourself. Anything is possible if you try.

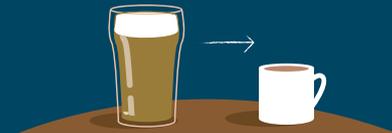


## 5 GIVE

It might be cheesy but even saying hello to a neighbour or smiling at someone in the street can make a difference. Could you help someone out or become a volunteer?



## 6 DRINK LESS



We love a pint but try and have at least two alcohol-free days a week to let your liver repair itself.

*Turn over to scratch your life back...*

For more tips on staying happy visit  
[WWW.THISISHEADS-UP.UK](http://WWW.THISISHEADS-UP.UK)

# Win!

## YOUR LIFE BACK

Scratch off any of the adjacent panels to find a solution.

Did you scratch off more than 1?  
Don't worry, you are not alone!

HEADSUP

Take a moment to look at life around you and then take time to reflect

Create a routine or speak to your GP

Speak to Citizens Advice Bureau

Have at least 2 alcohol-free days a week

Make time to relax or exercise

Join groups with common interests

Visit the HeadsUp website at [thisisheads-up.uk](http://thisisheads-up.uk) or speak to your GP.

Talk to your partner or contact Relate

Visit the HeadsUp website at [thisisheads-up.uk](http://thisisheads-up.uk) or speak to your GP.

SCAN ME FOR  
MORE MANLY ADVICE  
AND AN ONLINE CHECK-UP



# Win!

## YOUR LIFE BACK

**Scratch off any of the adjacent panels to find a solution.**

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# HEADSUP



Angry?

Trouble sleeping?

Money worries?

Drinking too much?

Stressed?

Lonely?

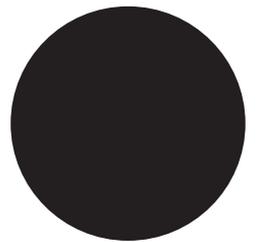
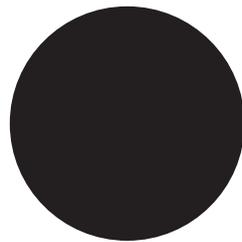
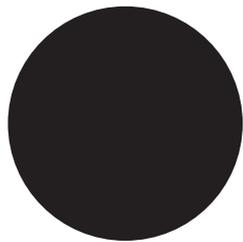
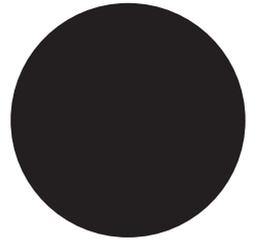
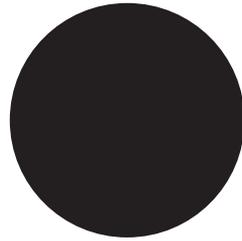
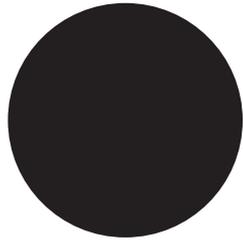
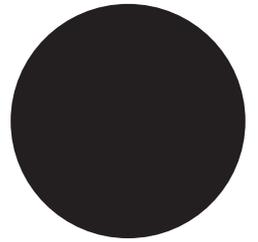
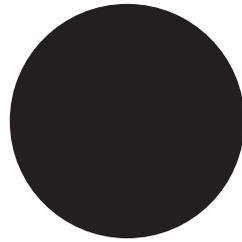
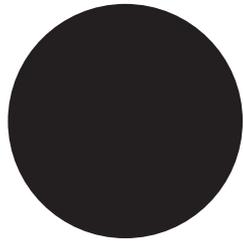
Depressed?

Relationship problems?

Anxious?

SCAN ME FOR  
MORE MANLY ADVICE  
AND AN ONLINE CHECK-UP





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**Trouble  
sleeping?**

**Money  
worries?**

**Drinking  
too  
much?**

**Stressed?**

**Lonely?**

**Depressed?**

**Relationship  
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