

# May is Mental Health Month

## 5 ways to improve your wellbeing

- 1 **Connect**—Talk and listen. Be there. Feel connected.
- 2 **Be active**—Do what you can. Enjoy what you do. Move your body and improve your mood.
- 3 **Take notice**—Find the simple things that bring you happiness.
- 4 **Keep learning**—Encourage new experiences. Seek opportunities. Surprise yourself.
- 5 **Give**—Give your time. Mean your words.

Introduce these simple strategies in your life and you will feel the benefits.

Visit your member website for more information.

