



# Taking care of your mind

## The five most effective ways to improve your wellbeing today

To improve our wellbeing, we all need to:

- [Connect more, by spending time with others](#)
- [Be physically active by moving more and more often](#). Being active outdoors in green space has even more benefits
- [Take notice](#), being aware of the world around us and what we are feeling
- [Keep learning](#), new things can help us all to feel more confident, and it's fun to learn
- [Give something back](#), helping in our community can be a real boost and be incredibly rewarding

Find out more about these [five ways to wellbeing on the NHS website](#). The mental health charity, [Mind also has ideas on five ways to wellbeing](#).

### Connect with others

Here are some services that you can access:

- [Connect more](#), by spending time with others. Loneliness has a big impact on mental health. Connecting with others is really important. This might feel extra hard right now, but there is still support available
- [The Samaritans](#) offer a friendly chat. You can call them on 116 123 or [chat online with the Samaritans](#)
- [Age UK](#) also offer an advice line and a friendly chat if you are feeling lonely on 0800 678 1602. Lines are open 8am to 7pm, 365 days a year. Age UK and their charity partner The Silver Line can also help you set up a [Telephone friendship service](#)
- [Volunteering](#) is another great way to connect. You can find volunteering opportunities on [Community Southwark's webpage](#)

You can also help by providing essential support to family or neighbours who are self-isolating, as long as you take care to follow the rules of social distancing. [There is government guidance on how to safely help other](#).

### Be physically active by moving more, more often

Being physically active can be as effective as anti-depressants, and being active outdoors is even better.

[Try our top tips for getting moving](#)

Being outdoors in green space can improve your mood. [Find out where our parks and open spaces are in Southwark.](#) **Just remember to follow social distancing rules.**

Physical activity with others has added benefits, by helping you to connect more. Whilst you can only be active outdoors with your own household, or with only one person from a different household, you can find a whole range of online support to help you [move more](#).

Or check out Sport England's #stayinworkout [online physical activities](#)

### Take notice

Mindfulness is a great way to help calm your mind, bring it back into the present moment, and be more aware of your surroundings. Find out more [about mindfulness](#).

Good Thinking London has [NHS approved mindfulness and mental health apps and online courses](#).

You can also access the [NHS mindful breathing video](#).

Going for a walk outside and noticing what you can see and hear can also help. Currently our parks are open. [Find your nearest park.](#) **Just remember to follow social distancing rules.**

### Learn in Southwark

Whilst many of our adult education buildings are closed, [Southwark eLibrary](#) has a lot to offer. You will find a huge, free and online selection of e-book and audio-books, as well as films.

### Give something back in Southwark

Community Southwark advertises volunteering opportunities in Southwark.

