

# Ways to Mental Wellbeing

in Waterloo Region

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Simple steps to improve your  
mental health and wellbeing



Mental  
Wellness  
Network  
of Waterloo Region



## **CONNECT**

- Cook dinner with your family.
- Chat with coworkers over lunch.
- Call friends instead of texting.
- Attend community events.



## **BE ACTIVE**

- Walk or bike to nearby places.
- Take the stairs.
- Try an exercise class or sport.
- Move often, however you can.



## **BE MINDFUL**

- Explore your city.
- Write in a journal.
- Draw or take photos.
- Spend time in nature.



## **KEEP LEARNING**

- Bring back an old hobby.
- Look up a new recipe.
- Visit your local library.
- Try a "do-it-yourself" project.



## **GIVE BACK**

- Say "please" and "thank you."
- Offer to help others with tasks.
- Donate unused items.
- Do something nice for a friend.

For more information, visit:  
<http://www.waystomentalwellbeing.com/>