

Ways to Mental Wellbeing in Waterloo Region

Simple steps to improve your mental health and wellbeing



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 pictures.
- 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.