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Mental Well-being

5 dimensions of mental well-being

1. Be mindful: be aware of the present: thoughts and feelings, you body and the world around you
2. Keep learning: learn new skills. Gives a sense of achievement and that can lead to new confidence
3. Give to others: small acts such as nice words and large acts like volunteering in your community- lead to new social networks
4. Connect: spend time developing relationships with friends, family and neighbors
5. Be active: Walking, cycling, anything that keeps you on your feet for about 60 minutes a day.

Survey:

1. Are you socially connected? If so, how?
  - a. Being connected will develop relationships. And in time of need you're going to want someone close to help you. Ex: being ill
2. Do you learn something new everyday?
  - a. Learning something new everyday will keep the mind open. Helping gain confidence in your abilities to achieve anything you put your mind too
3. Even when you believe you have nothing to give, do you still give to the less fortunate?
  - a. Small acts and large acts of kindness are huge. It helps lead to new social networks.
4. The saying goes "its not what you say, its how you say it?" do think of this when speaking to family, friends or neighbors?
  - a. Words hurt. You should always be aware of what you say around people because sometimes you never know their whole story and the words you speak can hurt them.
5. Are you doing something that is physically active for at least 30 minutes everyday?
  - a. Physical fitness can help maintain happy thoughts and feelings.