

6 STEPS TO STAY HAPPY

1 KEEP IN TOUCH

Spend time with people. Maybe join a sports or social club?



2 MOVE MORE

Stay active. You don't have to run a marathon or join a gym. Walking more regularly will do the trick.



3 OPEN YOUR EYES

Take a moment to look at life around you and then take time to reflect.



4 LEARN SOMETHING NEW

Your brain craves attention. Challenge yourself. Anything is possible if you try.

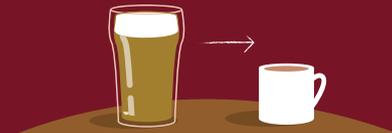


5 GIVE A LITTLE

It might be cheesy but even saying hello to a neighbour or smiling at someone in the street can make a difference. Could you help someone out or become a volunteer?



6 DRINK LESS



We love a pint but try and have at least two alcohol-free days a week to let your liver repair itself.

Turn over to scratch your life back...

For more tips on staying happy visit
WWW.BUCKSCC.GOV.UK/HEADSUP



Win!

YOUR LIFE BACK

Take a moment to look at life around you and then take time to reflect

Create a routine or speak to your GP

Speak to Citizens Advice Bureau

Have at least 2 alcohol-free days a week

Make time to relax or exercise

Join groups with common interests

Visit the HeadsUp website, speak to your GP or Healthy Minds

Talk to your partner or contact Relate

Visit the HeadsUp website, speak to your GP or Healthy Minds

Scratch off any of the adjacent panels to find a solution.

Did you scratch off more than 1?
Don't worry, you are not alone!

HEADSUP



SCAN ME FOR
MORE MANLY ADVICE
AND AN ONLINE CHECK-UP



Win!

YOUR LIFE BACK

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HEADSUP



Angry?

Trouble sleeping?

Money worries?

Drinking too much?

Stressed?

Lonely?

Depressed?

Relationship problems?

Anxious?

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