Wellbeing Toolkit Helpful resources for colleagues



Looking after your wellbeing during the COVID-19 outbreak is very important.

The Wellbeing Toolkit is here to help.

Did you know, the key ways to improve wellbeing are:

- **1. Experiencing positive emotions**
- 2. Engaging in activities and hobbies
- **3.** Connecting with others
- 4. Understanding your purpose
- **5.** Achieving your goals

For more details and tips on keeping healthy visit the Wellbeing Toolkit today!

www.mha.org.uk/covidwellbeing



If you have any questions about your wellbeing, or would like to share any tips, strategies or activities that you're finding helpful which could benefit other colleagues, please send them to wellbeing@mha.org.uk