

Keeping mentally healthy

5 steps to wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



The mental health continuum

Having mental health and mental distress are at the two extreme ends of a continuum.

Depending on the internal and external faculties of a person **at any time throughout their life**, people can lie at one point of the continuum and shift position as their situation improves or deteriorates.

