A blue hexagon with yellow and green text

Description automatically generated

<https://nationalwellness.org/wp-content/uploads/2023/01/6Dimensions_1080px.png>

**Tips for improving your mental wellbeing**

* Try to relax and reduce stress.
* Find ways to learn and be creative.
* Spend time in nature.
* Connect with others.
* Look after your physical health.
* Try to improve your sleep.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10355843/#:~:text=Mental%20health%20is%20another%20aspect,impact%20in%20all%20health%20areas>.