

Healthy Minds Book Prescription

www.nhstayside.scot.nhs.uk/bookprescription



CONNECT

**Talk & Listen,
Be there,
Feel connected**

Five Ways to Wellbeing:

- ✓ Connect with people
- ✓ Be active
- ✓ Keep learning
- ✓ Give to others
- ✓ Take notice



CULTURE
PERTH & KINROSS

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**BE
ACTIVE**

**Do what you can,
Enjoy what you do,
Move your mood**

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**TAKE
NOTICE**

**Remember the
simple things that
give you joy**

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**KEEP
LEARNING**

**Embrace new
experiences,
See opportunities,
Surprise yourself**

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GIVE

**Your time,
Your words,
Your presence**

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- ✓ Take notice



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