**Mental Wellbeing notes from Hazel Drye, QEF and the attendees of the Volunteer Coordinators’ forum November 2024**

* Make a gratitude jar for someone else e.g. children for a parent.
* Recommended:
* [Museum of Happiness](https://www.museumofhappiness.org/)
* Doing a [Mental Health First Aid course](https://mhfaengland.org/)
* Random Acts of Kindness
* Journalling
* Gratitude practises.
* Sending a text message to someone you haven’t reached out to thank in a while.
* Engage with [Action for Happiness](https://actionforhappiness.org/)– download the app and attend a course if you can
* Favourite mindful apps are [hm (healthy minds)](https://www.verywellmind.com/healthy-minds-program-app-tried-and-tested-7643594) and [Balance](https://balanceapp.com/)
* Get your free Mind Plan – sends you personalised emails after completing the [quick quiz](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/).
* Suggested areas to focus on for self-care and improved mental health: Diet, Exercise, Sleep, Staying Connected, Random Acts of Kindness, Quietening your inner critic and using a gratitude jar or journal, fresh air, enjoying nature, mindfulness and starting a new hobby or flow activity.
* This is [a mental wellbeing resource](https://www.mentalhealth.org.uk/explore-mental-health/publications/thriving-nature) produced by WWF and Mental Health Foundation.