



5

Give to others

- Smile at someone you don't know
- Do someone a favour without them asking for it
- Volunteer for a cause that engages you

Need someone to talk to?

Mental Helse's helpline:
116 123

SOS-telephone:
22 40 00 40

In an emergency, call:
113



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Five tips for better mental health



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1

Build social ties

- Go out for dinner together
- Share simple stories, movie clips or an interesting article to start the conversation
- Call, rather than text.
- Sign up for a quiz that interests you



2

Be active

- Commit to a regular schedule, it increases the chance of you sticking to it
- Start your day with a walk or a bicycle ride
- Do more of what you enjoy, there is plenty of exercise in fun and games



3

Pay attention

- Try a new route to work and be mindful of what you see
- How does the weather feel against your face today?
- What does the first coffee of the day taste like?



4

Keep learning

- Revisit an old hobby
- Working with your hands is healthy for your brain and reduces stress
- Learn a new musical instrument or simple phrases in a new language