

Five steps to mental well-being Adapted from NHS Choices: <http://www.nhs.uk>

There is evidence that suggests that there are five steps we can all take to improve our mental well-being. If you give them a try, you may feel happier, more positive and able to get the most from life.

What is mental well-being?

Sarah Stewart-Brown, professor of public health at the University of Warwick and a well-being expert, says: "Feeling happy is a part of mental well-being." The feelings of contentment, enjoyment, confidence and engagement with the world is all a part of mental well-being, along with self-esteem and self-confidence. The feeling that you can do the things you want to do bring joy to you and those around you.

"Of course, good mental well-being does not mean that you never experience feelings or situations that you find difficult," says Professor Stewart-Brown. "But it does mean that you feel you have the resilience to cope when times are tougher than usual."

It can help to think about 'being-well' as something you do, rather than something you are. The more time and energy you put in, the more you are likely to get out of it. "No-one can give well-being to you. It's you who have to take action," says Professor Stewart-Brown.

According to research, following these five steps can really help to boost our mental well-being:

1. Connect – communicate with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
2. Be active – you don't have to go to the gym. Take a walk, go cycling or even play a game of football. Find an _____ that you enjoy and make it a part of your life.
3. Keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
4. Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental well-being and help you build new social networks.
5. Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness 'mindfulness'. It can positively change the way you feel about life and how you approach challenges.

Good luck with your endeavours!

11. The purpose of this text is to ...

- a. persuade people to achieve mental well-being.
- b. inform people how to achieve mental well-being.
- c. warn people about mental illnesses.

12. The above text states that 'mental well-being' means ...

- a. feeling happy.
- b. feeling confident.
- c. having multiple positive feelings.

13. Professor Stewart-Brown argues mental well-being is ...

- a. something you receive from others.
- b. very difficult to achieve.
- c. something you have to work for.

14. One step to achieve mental well-being is ...

- a. communicating more with the people around you.
- b. overcoming your fears.
- c. playing a musical instrument.

15. What is meant by 'be mindful'?

- a. Being more conscious of the present moment.
- b. Being more careful.
- c. Practising meditation.

16. A punctuation error has been made on ...

- a. line 9
- b. line 22
- c. line 30

17. A word has been deleted from line 31. It should be ...

- a. agenda
- b. activity
- c. atmosphere

18. A spelling mistake has been made on ...

- a. line 29
- b. line 34
- c. line 40

19. A grammatical error has been made in ...

- a. lines 12 - 13
- b. lines 15 - 16
- c. lines 20 - 21

20. A word has been spelt correctly but incorrectly used on ...

- a. line 16
- b. line 20
- c. line 36