Your mental wellbeing is important.

Spending time doing something we enjoy can make us feel happier and more relaxed, have fun, boost relationships with others, and help develop a skill. COVID-19 and the resulting lockdown restrictions highlighted that we were richer when interacting with others. Doing things as part of activity groups, also lets us see that we are not alone in our passions and hopes.

If something helps you feel good, make time to do it. This could be something like drawing or baking, or listening to music. These things all affect how we think about ourselves, other people and things that happen around us.

Explore more at actionmedia.uk/mtg

ACTION MEDIA

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STARTINGPOINT

real time

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