



for Scotland's mental health

**5**

**WAYS**

**TO BETTER  
WELLBEING  
FOR YOUR  
FAMILY**

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FOR YOUR FAMILY**

**SAMH's new campaign 'Going To Be' is all about children and young people's mental health.**

**Most children will never come into contact with specialist mental health services yet we all have mental health, our children too.**

When it comes to our mental health and wellbeing, families can have a huge role to play. They're often the first to notice a change, and the ones to help each other through any issues.

You don't have to wait until there's a problem – there's lots of things you can do together every day to look after your family's wellbeing. The New Economics Foundation suggests the following five ways to better wellbeing and we've added in some ideas for you to do as a family.

# 1 CONNECT

**Even when we all live under one roof, it can be easy to disconnect and forget to spend time together.**

- Something as simple as asking 'are you ok?' can start an honest conversation
- Set aside a regular time to have a meal together
- Share your best and worst moments from the day

# 2 BE ACTIVE

**Being active isn't just good for our physical health; it's also proven to have a positive effect on our mental health and wellbeing.**

- Swap a daily car or bus journey for a walk together
- Try a new activity or sport together
- Set an exercise challenge to complete as a family each week

# 3 TAKE NOTICE

**When you're spending time together as a family, take notice and be aware of the present.**

- Bring out the board games and spend some technology free time together
- Create a calm space at home that's free from mess and noise
- Keep a family diary with stories and photos

# 4 LEARN

**Learning enhances our self-esteem, and learning something new as a family can help bring you together.**

- Try making a new recipe together
- Learn a new word together and practice using it
- Make school homework an activity for the whole family

# 5 GIVE

**Giving feels good – and working together as a family to give can be even better.**

- Start a penny jar to donate to your favourite charity
- Gather up anything you no longer need and donate to your local charity shop
- Don't forget each other – do a favour or something nice for another member of the family



A young girl with long dark hair is sitting in a classroom, looking towards the camera. She is wearing a light-colored patterned shirt. The background shows wooden desks and a chalkboard.

**Pop up this poster at home to remind you to  
look after you and your family's wellbeing.**

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