



Take Notice



It is easy to rush through daily life without stopping to notice much. Paying attention to the present moment – to our own thoughts, feelings and to the world around you can improve your mental wellbeing.

‘Take notice’ is about focusing on what is happening around you and how you are feeling in the here and now. To notice the sights, smells, sounds and tastes you experience as well as your thoughts and feelings that occur from one moment to the next.

So, take time to enjoy the moment and the environment around you.

Here are some ideas:

- Be curious about the world around you, savour the moment
- Notice your thoughts and feelings.
- Get creative and take some photos of the world around you. Focus on capturing what’s in front of you
- Get a plant for your workspace or treat yourself to a bunch of flowers for the front room
- Take notice of how your friends or family are feeling or acting – ‘Connect’
- Take a different route on your journey to or from work and school – ‘Active’
- Sit with your eyes closed and pop a sweet into your mouth. Focus on how it tastes and feels
- Take notice of the people you know, have they changed? Have you changed? – ‘Connect’

