It's normal to feel how you do. You can be everything from frustrated to stoked, even at the same time!

There are things you can do to boost your wellbeing.
- We need to make time to care for ourselves.
- This is not to trivialise the real pain that many are experiencing – it is to remind people that we can, and already do, take care of ourselves and each other in very simple ways.
- All based on the 5 winning ways to wellbeing: keep learning, be active, connect, give and take notice.

People know what works for them.
- We don’t have a monopoly on well being!
- We want to provide a forum so people can share what works for them to boost their wellbeing.

Everyone has their own ideas on what makes them feel good.

Why is it needed?
There are lots of things about the recovery that cause frustration and stress. Acknowledging this, and providing simple tips that support people to boost their wellbeing, can reduce the likelihood of increased mental illness and help people to flourish.

Evaluation has been built into the project. We’re also using market research, website analytics, and public feedback to ensure we’re making a positive difference.

Thank you to everyone involved in this campaign :) Because of the wonderful flags I was prompted to get on the website and found I was able to access funded counselling. I have had five sessions and they have helped me ENORMOUSLY! YAY!!! Thank you thank you thank you!!! I am now coping and dealing with things so much better than I had been :) Hugs x

- Rebecca