

# This is how we roll

**TEAM  
V**

**CHANGING  
THE WORLD  
ONE CAMPAIGN  
AT A TIME**

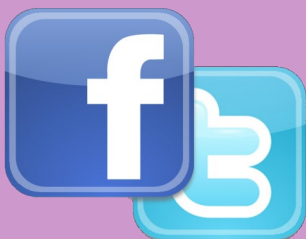
**Team v are here to help you Make Time For Your Mind!**

**Our latest campaign is promoting healthy minds and happier lives, this leaflet gives you 5 steps to the success of having a happier and healthier mind.**

Recent research shows there are things you can do to have a positive impact on your wellbeing and happiness. The 5 steps in this booklet are based on recent psychological evidence sourced from Action for Happiness.

Team v is run by vInspired, the National Youth Volunteering Charity, and gives 18 – 25 year old volunteers the chance to change the world, one campaign at a time.

**To find out more visit [www.vinspired.com/teamv](http://www.vinspired.com/teamv)**



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# 5 Steps to Happier Living

1,

GIVE

2,

RELATE

3,

EXERCISE

4,

APPRECIATE

5,

TRY OUT

It's all very well giving you the 5 steps to happier living, but what you need now are some ideas of how to do them, so here goes:

1,

## GIVE

- \* Make someone a cup of tea
- \* Volunteer/Give your time to help the community
- \* Do something kind for a stranger—give up your seat, hold a door open or help someone with a pushchair perhaps!

2,

## RELATE

- \* Call a friend you haven't seen or spoken to for a while
- \* Introduce yourself to someone new
- \* Say hello or stop to chat to a neighbour
- \* Or maybe join a new weekly class and meet new people!

3,

## EXERCISE

These are all steps we pretty much know but exercising your body also helps the mind by releasing happy hormones so why not try:

- \* Going for a brisk walk around the many parks around Leicester
- \* Getting off the bus a stop or two early
- \* Joining a gym, leisure centre or local exercise class—there are loads in Leicester you just need to Google it!

4,

## APPRECIATE

- \* Take 5 minutes before bed to write down all the good things that happened that day
- \* Take the time to close your eyes and focus on your breathing
- \* Sign up for 10 free days of Headspace at <http://www.getsomeheadspace.com/>
- \* Learn to meditate—Leicester Kadampa meditation centre offer courses—see their website for details: <http://meditateinleicester.org>

5,

## TRY OUT

The best of the 5 steps!

- \* Try cooking something you've not done before
- \* Sign up to a newsletter of local events or check out sites like <http://citizenseye.org/> or <http://www.artsinleicestershire.co.uk/> and go to an event you might not normally
- \* Ask a friend or watch videos online to try and learn something new
- \* Basically—DO SOMETHING DIFFERENT!

We hope you've found this useful and you try out the 5 steps to happier living—I mean why wouldn't you?

To find out more from the research into these 5 steps visit <http://www.actionforhappiness.org/>



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a pebble in the pond