

**good
vibes
drive**

**JUNE -
EDITION 5**

Mental Health Matters



Positivity for our brains

Learning new skills can be useful, but research shows it can also improve our mental wellbeing.

It doesn't have to mean getting more qualifications. There are lots of different ways to bring learning into your life.

This week we encourage you to do at least one of these challenges

- Revisit an old hobby
- Fix something that is broken
- Learn about the culture of a place you want to visit
- Take a class
- Start a new book
- Cook something new