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How to improve and maintain your mental wellbeing how to

If you do not have the social contact you feel you need, or experience feelings of loneliness for

whatever reason, this can also have a negative impact on your mental wellbeing.

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Five Ways To Wellbeing approaches to improving wellbeing

Five Ways to Wellbeing Action Plan Most of my suggestions above are free or cheap to implement, though some will take a little thought and organisation to set up. Introducing the Five Ways to Wellbeing across the board in large organisations could potentially be a long and drawn out process, but consider how you can autonomously introduce initiatives in your department or team.

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