

# Keep Learning

Learning new skills helps give you a sense of achievement and builds confidence. It also helps you to connect with other people. This all helps to improve our well-being.

Take on a new responsibility.

Take up a new hobby e.g. Dancing.

Try out a new skill, e.g. baking.

Start a new project – make something or find out about something.

Join a club e.g. sports, coding, newspaper, happy minds.