

[Home](#) > [Residents](#) > [Health and social care](#) > [Public health](#) > **Get Vocal**

Get Vocal

Last Modified May 23, 2019

[Skip to main content](#)  

How happy are you?

Good mental wellbeing - some people call it happiness - is about more than avoiding mental health problems. It means feeling good and being able to get on well with everyday life.

Having good mental wellbeing doesn't mean you never experience difficulties - everyone can go through tough times but good mental wellbeing can help you feel you have the resilience to cope.

Scientists have developed a scale to measure wellbeing. [Check your wellbeing score.](#)

Whatever your wellbeing score, research show there are five steps we can all take to improve our wellbeing. This is why we're asking our residents to GET VOCAL.

V Voice

Talk to your friends. Spend time with your family. Good relationships build better mental health.

O Observe

Live in the moment and focus on the now to really see, hear and feel what's around you.

C Connect

Giving your time and energy to someone else can help give you a new sense of purpose.

A Active

Getting active releases a hormone that reduces stress, anxiety and tension. It helps to clear the mind too.

L Learn

Learning something new can make you feel more confident. It's also a great way of connecting with other people.

More information

For more information on opportunities to **Get Vocal** in Blackpool:

Voice

There is strong evidence that feeling close to and valued by others has a positive impact on our wellbeing. [FYI Directory](#) has information on local community groups and social clubs

Observe

Being more mindful and living in the moment is a skill that can be developed. Find out more about [mindfulness](#)

Connect

There are many small ways we can connect with others through giving; taking the bins out for a neighbour, donating your old clothes to charity, supporting a friend who's going through a hard time, saying thank you.

Volunteering can be a great way of giving something back, whilst also improving your wellbeing. Some local volunteering opportunities:

[Blackpool, Wyre and Fylde Volunteer Centre](#)

[Blackpool Council Volunteers Team](#)

Active

Being active doesn't have to mean team sports (though that's also a great way of connecting with others!) Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Walking briskly for just 10 continuous minutes counts as exercise, chat to a friend whilst walking for added benefits.

Download the free [Active 10 app](#)

[Sport Blackpool](#)

[Blackpool FC Community Trust](#)

Learn

Continuing learning throughout your life can help you meet new people and improve your self-esteem. Learning something new doesn't have to be formal. Ask a crafty friend to show you how to knit or pick-up some essential DIY skills online.

Learning opportunities:

[FYI Directory](#)

[Blackpool Council Adult and Community Learning](#)

[Blackpool and the Fylde College](#)

If you think you might be experiencing a mental health problem, contact your GP and if necessary, they can refer you to a more specialised mental health service.

[More information on mental health](#)

[Mental health and wellbeing](#)

[Suicide Prevention](#)

[↑ Back to top](#)



Residents

[Advice-and-support](#)
[Benefits](#)
[Blackpool-Illuminations](#)
[Council-tax](#)
[Education-and-schools](#)

Business

[Business-rates](#)
[Business-support-and-advice](#)
[Commercial-waste](#)
[Food-hygiene](#)
[Licensing-and-permits](#)

Your Council

[Blackpool-Council-jobs](#)
[Citizenship](#)
[Community-rights](#)
[Council-meetings](#)
[Creating-a-better-Blackpool](#)

[Health-and-social-care](#)

[Housing](#)

[Libraries-arts-and-heritage](#)

[Life-events](#)

[Parking-roads-and-transport](#)

[Parks-and-community-facilities](#)

[Planning-environment-and-community](#)

[Sports-and-leisure](#)

[Waste-and-recycling](#)

[Residential-landlords](#)

[Working-with-the-council](#)

[Have-your-say](#)

[Statistics-and-research](#)

[The-Council](#)

[Transparency-and-open-data](#)

[Voting-and-elections](#)

[Your-councillors](#)