

# Connections

## Make Time, word search

Friendships and positive relationships can help us to feel good. Spending time with people important to us, can also build feelings of connection and belonging. The chances are that the last time you had a good laugh it was with family or friends.

The mental wellbeing campaign Make Time, asks us all:

***“when was the last time you laughed until you cried?”***

Why not share the last time you had a good laugh with family or friends and encourage others to make time for the people who are important in their lives. Just post your comment on social media and tag your post with **#maketimewarrington**.

B	R	J	K	D	C	E	C	O	N	N	E	C	T	I	O	N	M	V	G
O	N	T	H	E	S	A	M	E	W	A	V	E	L	E	N	G	T	H	A
R	A	P	P	O	R	T	D	R	A	L	L	Y	A	Y	A	Q	F	F	I
Z	P	I	H	S	N	O	I	T	A	L	E	R	P	T	F	W	R	E	T
K	I	N	D	R	E	D	S	P	I	R	I	T	P	I	F	R	I	B	C
A	S	T	Y	B	U	S	O	P	V	F	T	X	R	L	I	W	E	C	O
B	E	S	T	F	R	I	E	N	D	I	Y	L	E	I	N	E	N	E	M
E	W	I	S	H	A	R	I	N	G	A	C	O	C	B	I	Q	D	S	M
H	I	T	T	I	N	G	I	T	O	F	F	Y	I	A	T	N	S	O	U
E	E	C	M	A	T	E	C	I	U	Y	R	A	A	T	Y	O	H	U	N
V	M	W	I	T	V	U	Y	R	B	S	L	L	T	A	T	I	I	L	I
T	P	B	F	F	O	L	E	E	U	C	E	T	I	P	R	N	P	M	C
H	A	C	R	V	I	N	U	B	D	E	O	Y	O	M	O	A	B	A	A
U	T	F	I	M	T	L	C	I	D	R	D	V	N	O	P	P	U	T	T
M	H	B	A	R	Y	I	H	T	Y	T	U	O	T	C	V	M	P	E	I
I	Y	F	A	O	E	B	U	U	C	A	R	I	N	G	B	O	L	E	O
K	R	P	B	Y	T	U	M	O	T	P	A	L	V	I	M	C	M	A	N

How many of the following friendship words and phrases can you find? The words are written forwards, backwards, up, down and diagonally.

ALLY  
 APPRECIATION  
 BEST FRIEND  
 BFF  
 BUDDY  
 CARING  
 COMMUNICATION  
 COMPANION

COMPATABILITY  
 CONNECTION  
 CHUM  
 EMPATHY  
 FAMILY  
 FRIENDSHIP  
 HITTING IT OFF  
 KINDRED SPIRIT

LOYALTY  
 MATE  
 ON THE SAME WAVELENGTH  
 PAL  
 PARTNER  
 RAPPORT  
 RELATIONSHIP  
 SHARING  
 SOUL MATE

**www.happyoksad.org.uk is a mental health site for people who live or work in Warrington. On the site you'll find links to information about looking after your mental wellbeing, as well as details of local**

and national support services.

### **Make Time and the Five Ways to Wellbeing**

The mental wellbeing campaign Make Time suggests easy, everyday things we can do to boost our mood and feel good about ourselves. To help us improve our wellbeing, the Make Time campaign asks us to think about and act on the five questions below:

- When was the last time you laughed until you cried?
- When was the last time you got up and out?
- When was the last time you noticed things around you?
- When was the last time you tried something new?
- When was the last time you made someone smile?

Make Time is based on the Five Ways to Wellbeing. Research has shown that people who regularly include the Five Ways to Wellbeing in their daily lives are more likely to feel positive. The Five Ways to Wellbeing are:

- **Connect:** spend time with the people who are important to you.
- **Be active:** at a level that suits your mobility and fitness.
- **Take notice:** be more aware of the world around you. Be curious.
- **Keep learning:** try something new or different, start a new hobby.
- **Give:** do something thoughtful for someone else, or volunteer your time

You can read more about the Make Time campaign and the Five Ways to Wellbeing on [www.make-time.org](http://www.make-time.org).

There are three different Make Time word searches:

- Connections
- Sport and physical activity
- Take notice

Each word search reflects one of the Make Time questions, above.