



# Continued Education

**Research shows that learning new skills can improve mental health and wellbeing; it can boost confidence and self-esteem, help to build a sense of purpose and can help to connect with others.**

Learning can be achieved in many different ways, some examples below:

- learning to cook a new recipe or a new song on an instrument.
- Taking on a new responsibility at work such as improving presentation skills or becoming a mentor.
  - Build something (small or large) such as fixing a chair or bike or DIY building a garden shed.
  - Sign up for a course such as learning a language or a practice skill such as plumbing or massage.
- Take up a new hobby such as joining a sports club, gym or learning to create such as arts and crafts.

Learning does not need to be costly or involve official qualifications and exams. It is best to find something that you will enjoy.



# Educational Links

## **\*BMJ Learning:**

<https://new-learning.bmj.com/>

## **\*TED Talks:**

[Why are we happy? Why aren't we happy? | Dan Gilbert](#)

[What makes a good life? Lessons from the longest study on happiness | Robert Waldinger](#)

[How to Be Happy Everyday | Jacqueline Way](#)

[Try something new for 30 days | Matt Cutts.](#)

## **\*How to Learn Something New Every Day and Stay Smart:**

<https://www.lifehack.org/articles/featured/learn-something-new-every-day.html>

## **\*Lincolnshire LMC Training & Events**

<https://www.lincslmc.co.uk/events>.

## **\*e-Learning for Healthcare:**

<https://www.e-lfh.org.uk/>

## **\*RCGP Learning**

<https://elearning.rcgp.org.uk/>.