



Connect



Be Active



Take Notice



Keep Learning



Give

# 5 Ways to Wellbeing

## Connect...



Connect with friends and family. Invest time in developing these relationships. Building these connections will support and enrich you everyday.

## Be active...



Go for a walk or run. Exercising makes you feel good. Step outside. Cycle. Dance. Discover a physical activity you enjoy.

## Take notice...



Be curious. Notice the changing seasons. Be aware of the world around you. Savour the moment. Enjoy the here and now.

## Keep learning...



Find a course. Try something new. Learn to play an instrument or learn to cook. Set a challenge.

## Give...



A smile, a hug. Do something nice for a friend or a stranger. Be generous. Say thank you. Volunteer your time.