

# 5 Ways to Wellbeing!



**Connect...** with people around you: friends, family, colleagues or neighbours. Strengthening these connections will support and enrich you every day.



**Be active...** find an activity you enjoy: go for a walk, do some gardening, dance, just step outside. Exercising at a level that suits you will make you feel good.



**Take notice...** savour the moment, whether you're walking to work, eating lunch, or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.



**Keep learning...** try something new or rediscover an old interest. Set yourself a challenge like cooking a favourite meal, fixing your bike or signing up to a course.



**Give...** do something nice for a friend or a stranger: smile, volunteer, say thank you. Seeing yourself linked to the wider community can be very rewarding.