

My **5** ways to Wellbeing



These are actions that improve our mental wellbeing and keep us on track. They are simple things we can do every day, try them for yourself!

Connect

Connect with people around you, your family, friends, colleagues and neighbours. Spend time growing relationships.

I can Connect by:

Be Active

Be Active by finding an activity you enjoy. You don't have to go to the gym! Like just getting outside for a walk and some fresh air.

I can Be Active by:

Keep Learning

Keep Learning by trying something different. Sign up for a course, learn a musical instrument or Google something that interests you.

I can Keep Learning by:

Take Notice

Take Notice by being more aware of your surroundings and what is happening right now. Notice little things that make you smile.

I can Take Notice by:

Give

Give to others to feel good yourself. Say something kind, help out a friend or make the next brew. Volunteer or support a charity.

I can Give by: