



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



Your time,
your words,
your presence

5 ways to Wellbeing

Building small actions into your daily life can make you feel good, and feeling good is an important part of being healthy. There are 5 ways to wellbeing that are proven to make a real difference to you.



Connect

Connect

Connect with the people around you: with family, friends, colleagues and neighbours, at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you everyday.



Be Active

Be Active

Go for a walk or run, step outside, cycle, play a game, garden or dance – exercising makes you feel good. Most be active importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Take Notice

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Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons, savour the moment and be aware of the world around you and what you are feeling.



Keep Learning

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Try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, set learning a challenge you enjoy achieving – Learning new things will make you more confident as well as being fun.



Give

Give

Do something nice for a friend or a stranger, thank someone, smile, volunteer your time, join a community group – Seeing yourself and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.