

5 Ways to Wellbeing

Connect



Connect with people around you. Spend time with friends and family. Make new friends. Use different ways to communicate.

Learn



Set yourself a goal. Learn something new. Take up a hobby that you really enjoy and become absorbed in - this is called 'finding your flow'.

Active



Go for a walk or a run. Cycle, dance or play a game. Go to the park. Try a new activity.

Notice



Some people call taking notice 'mindfulness'. Notice what you're thinking and be aware of what's going on in the world around you.

Give



Do something nice for a friend. Thank someone. Smile. Volunteer your time. Take action to improve your neighbourhood