

It is important we actively look after our wellbeing during times of change. Following the 5 ways to wellbeing can help us find positivity and better our minds and bodies.

# 5 ways to Wellbeing

Activities to try at home for young people

## BE ACTIVE

Play your favourite songs and dance around for 30 minutes each day. Tidying the house gives a whole body workout. Try yoga via exercise channels online or Joe Wicks Monday workouts at 9am on his YouTube channel

## CONNECT

FaceTime a relative or friend and catch up over dinner. Create virtual book clubs with friends and follow good news pages on Instagram.

## KEEP LEARNING

Try making a meal using store cupboard ingredients. Learn a new language using online platforms. Play board games that involve general knowledge.

## TAKE NOTICE

Write a gratitude journal daily. Walk in the fresh air and notice what you hear, see, smell, taste and touch. Download the Headspace App and try meditation the same time every day.

## GIVE

Help out where you can. Offer to help neighbours, walk the dog, send a note to someone that might need it or tidy up your community to make it a pleasant place to be.