FIVE WAYS TO WELLBEING

SIMPLE ACTIONS YOU CAN DO IN YOUR EVERYDAY LIFE TO FEEL GOOD & FUNCTION WELL

CONNECT
With the people around you at home, work, school and in your local community.

BE ACTIVE
Step outside. Go for a walk, cycle, garden or dance. Discover a physical activity that suits your lifestyle.

TAKE NOTICE
Savour the moment whether you are walking, eating or talking. Be aware of the world around you and what you’re feeling.

KEEP LEARNING
Try something new, rediscover an old interest. Take on new responsibilities. Fix a bike. Learn how to cook your favourite meal.

GIVE
Do something nice for a friend or a stranger. Thank someone. Volunteer. Join a community group.