



FIVE WAYS TO WELLBEING

Practise these five actions daily to help boost your wellbeing.

KEEP LEARNING

Set yourself a goal. Learn something new - a new word or random fact. Try a new hobby.



GIVE

Do something nice for a friend. Thank someone. Smile. Volunteer your time. Raise money for charity. Be a good role model.

TAKE NOTICE

Take time to be still, reflect and take some deep breaths. Notice what you're thinking and be aware of the world around you.



BE ACTIVE

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

CONNECT

Spend time with the people that make you smile. Write a letter or call someone you've not spoken to for a while.

