

A man and a woman are captured in mid-air, jumping joyfully in a vast, green field. The woman, on the left, is wearing a green and black patterned dress and has her arms outstretched. The man, on the right, is wearing a purple shirt and blue jeans, also with his arms outstretched. The background is a bright blue sky filled with fluffy white clouds. The overall mood is one of happiness and freedom.

**5 ways to
WELLBEING**



1. CONNECT
with people



2. BE ACTIVE

3. TAKE NOTICE



4. KEEP LEARNING

How Often Do You Try
New Things?



5. GIVE



Connect

With friends/family

Be Active

Go for a walk/run

Take Notice

Savour the moment

Keep Learning

Try something new

Give

Do something nice for someone else

5 ways to **WELLBEING**



