



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**

