



FIVE WAYS TO WELLBEING

LEARN

KEEP LEARNING

Set yourself a goal. Learn something new. Research something you're interested in. Learn a new word or a random fact. Take up a new hobby.

NOTICE

TAKE NOTICE

Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food.

CONNECT

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Connect with people around you. Spend time with your friends and family. Make new friends. Use different ways to communicate.

BE ACTIVE

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Physical activity helps boost your mood. Go for a walk or a run. Cycle, dance or play a game. Walk to school instead of getting the bus. Go to the park. Try a new activity.

GIVE

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