



5 Ways to Wellbeing



For each area of the 5 areas write down what you are going to do and when are you going to do it?



Connect...with the people around you, family, friends, neighbours, new people.

What?

When?



Be active...go for a run, walk, get outside, play a game, cycle, garden.

What?

When?



Take notice...take time to notice and appreciate nature, everyday life and moments.

What?

When?



Keep learning...try something new or re-discover an old interest.

What?

When?



Give...do something nice for a friend or neighbour. Thank someone. Smile.

What?

When?