

MY 5 WAYS TO WELLBEING

GIVE



Try doing something for someone else today, give your time as a volunteer or even just saying “thank you”.

Try cooking something new, join a club to learn a new skill, sport or a language.



Keep Learning

TAKE 
notice

Take time to relax, value yourself and other people. Stop for a minute to appreciate the world around you.

Try turning your screen off and spend time with family and friends.



**Get
CONNECTED**

 **Get
ACTIVE**

Walk, swim, cycle, run, dance, exercise and get fresh air everyday.