

5 Ways to Wellbeing:

WINNING WAYS TO WELLBEING



- ❖ **CONNECT** – talk to, listen to & spend time with people you love and who make you feel loved, listen to music, spend time with pets or in the garden...
- ❖ **GIVE** – giving time to others, raising money for charity, helping people...
- ❖ **TAKE NOTICE** – remember the little things that give you pleasure, connect with nature, practise mindfulness, cook, read, sing, draw, laugh...
- ❖ **KEEP LEARNING** – try something new, learn a new skill or hobby, have fun...
- ❖ **BE ACTIVE** – exercise, do something active that you enjoy, eat well, stay hydrated, sleep well, rest.