



6 Ways to Wellbeing

Be active

Go for a walk or a run. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy.

Keep learning

Try something new. Rediscover an old interest. Sign up for a course.

Learning new things make you feel more confident, as well as being fun.

Give



Do something nice for a friend or a stranger. Smile. Volunteer your time.

See yourself, and your happiness, linked to the wider community it's rewarding.

Connect

Connect with the people around you. With family, friends, colleagues and neighbours. Connect with nature and animals.

At home, work, school or in your local community.

Sharing time with others makes you feel happy.

Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Savour the moment.

Be aware of the world around you and what you are feeling.

Care for the planet

Make small changes to your life that will reduce your energy use. Recycle more. Leave the car at home