

Five Ways to Wellbeing

Learn

Learning can give you confidence and a sense of purpose!



Why not read a book, do a puzzle, take up a new hobby or sign up for a class? You could start drawing, learn a new language, or begin a DIY project.

Be Active

Physical activity can help improve your mood! You don't have to spend hours in the gym to benefit.



Try doing some stretches, going for a walk, or a sport you enjoy! Seated exercises are available too.

Connect

Connecting with others such as friends, family and colleagues helps you feel supported and creates a sense of belonging.



Even a small social interaction like asking about someone's weekend will help!

Give

Giving is rewarding and creates feelings of positivity!



This could mean volunteering in your community but also a way of being kind and helpful, even just thanking someone or making them a cup of tea

Take notice

Mindfulness and paying attention to the present moment can help with relaxation.



You could try different techniques like breathing exercises, colouring books or focusing on appreciating nature



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