

5 WAYS TO WELLBEING



CONNECT

Connecting with others can help you have a sense of purpose & belonging, it can give you support and encourage you to share good experiences. Person to person, phone calls, chatting with a colleague.

BE ACTIVE

Raises your self esteem and releases feel good chemicals in your body. It doesn't have to be a formal exercise class, just getting off a stop early from the bus is a good start!

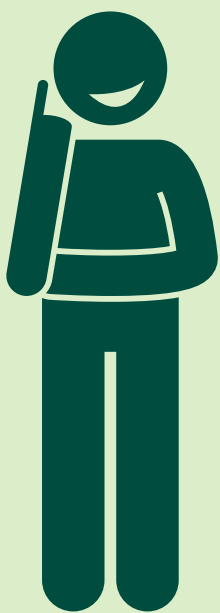


LEARN

Learning new things can boost your self-esteem, give you purpose and help you connect with others. Anything from learning a new language to knitting to a sport can give a real sense of achievement.

GIVE

This can help to build connection and a sense of purpose. You can give anything from a hug, a compliment, your time, your help doing a chore, to donating to charity.



BE PRESENT

Paying more attention to the moment can help wellbeing. This doesn't have to be meditation though that is one way, it could include listening to birds or thinking about how your body feels at that moment.