



Five Action Steps that Promote Well-Being

Connect: Build connections with people around you.

1. Talk to someone instead of sending an email
2. Speak to someone new
3. Ask how someone's weekend was and really listen when they tell you
4. Put five minutes aside to find out how someone really is

Be active: Boost your energy and mood by doing something active.

1. Take the stairs
2. Go for a walk at lunchtime
3. Do some 'easy exercise', like stretching, before you leave for work in the morning
4. Walk to someone's desk instead of calling or emailing.

Take notice: Be curious about the world and savor the moment.

1. Get a plant for your workspace
2. Have a 'clear the clutter' day
3. Take a different route on your journey to or from work

4. Visit a new place for lunch.

Keep learning: Learn something new to boost your confidence and have fun.

1. Sign up for a class
2. Read the news or a book
3. Research something you've always wondered about
4. Learn a new word

Give: Do something nice for someone.

1. Participate in your community. Participation in community life has attracted the attention of well-being research.
2. Help others. Helping others has raised wellbeing of helper and the other.
3. Show acts of kindness. Research into actions for promoting happiness has shown that committing an act of kindness each week over a six-week period is associated with an increase in wellbeing.