

# THE 5 WAYS TO WELLBEING FROM SOPHIE'S SERVICE @



## The 5 Ways to Wellbeing

Evidence-based steps to improve mental health.

**Move:** Being active for endorphins.

**Learn:** Boosting confidence through new skills.

**Connect:** Building valued relationships.

**Notice:** Be in the here and now.

**Give:** Acts of Kindness

In Practice:

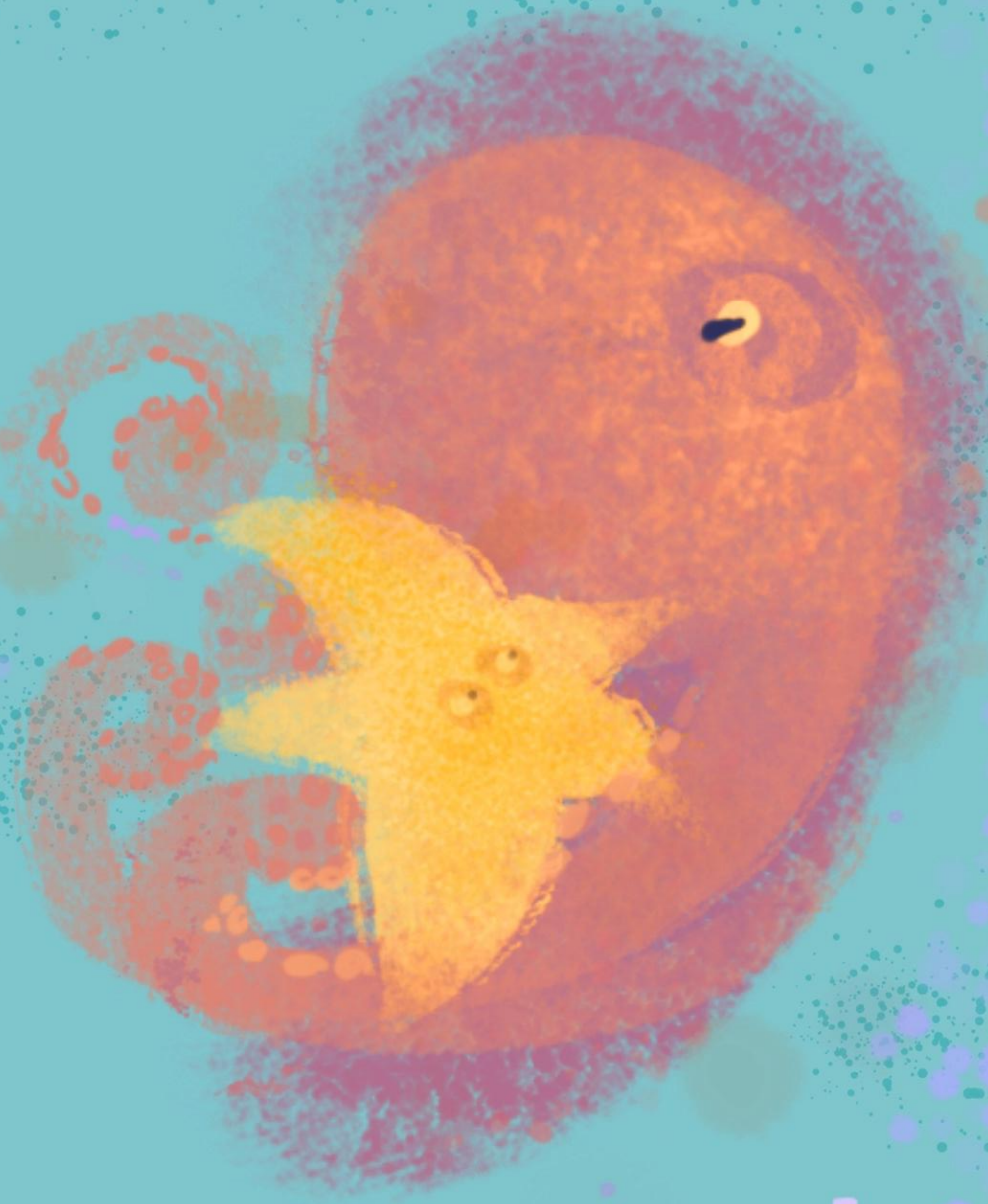
Joining a lunchtime club or taking a 10-minute walk.

**The Takeaway:**

Small actions in these categories make a big difference.

# CONNECT: BUILDING VALUED RELATIONSHIPS

Do, I, or do I not?



# connect

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NOTICE: BE IN THE HERE AND NOW

Take notice

LEARN: BOOST CONFIDENCE THROUGH NEW SKILLS





# MOVE: BE ACTIVE FOR ENDORPHINS

Domore doodling



Be active



# GIVE: ACTS OF KINDNESS

Donorcodeonline

A whimsical illustration on a teal background with a fine, dark teal dot pattern. A large, pink octopus with a textured, watercolor-like appearance is the central figure. It has a single large eye with a yellow iris and a black pupil. Its tentacles are curled and decorated with small red dots. In the bottom left corner, there is a yellow starfish with a textured, glittery appearance. In the bottom right corner, near the octopus's tentacles, is a small orange fish with a spiral shell. The word "Give" is written in a white, serif font, positioned in the lower center of the image.

Give

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