

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



Connect

NOTICE: BE IN THE HERE AND NOW



Take notice.

LEARN: BOOST CONFIDENCE THROUGH NEW SKILLS



Keep learning

MOVE: BE ACTIVE FOR ENDORPHINS

Be active



GIVE: ACTS OF KINDNESS

Give