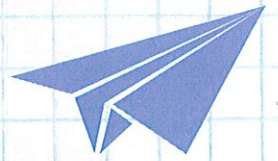




# 5 Ways to Wellbeing



## Connect

- Making a connection with other people can feel great! Being with other people can make you feel like you belong, you are important and you are valued- this helps raise our self-esteem. Try connect with someone everyday!

What do you do now?      What would you like to do?



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

## Be Active

- When you get physically active it can make you feel good! Exercising is great for our physical and mental health. It can help us feel less anxious and feel happier.

What do you do now?      What would you like to do?



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

## Keep Learning

- Learning something new everyday keeps our minds active. We can learn something new everyday!

What do you do now?      What would you like to do?



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

## Give

- Giving or helping others feels great! have you noticed how you feel when you help someone? It doesn't have to cost anything, it may be something small such as smiling or helping someone do a job.

What do you do now?      What would you like to do?



Your time,  
your words,  
your presence

## Take Notice

- Taking notice is about observing what is around you right now. Focusing on what is happening in the moment. You may play a game of eye spy, or take photos of something you find interesting.

What do you do now?      What would you like to do?



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY