

# 5 ways to Wellbeing

**Connect**

**Talk & listen, be there, feel connected**

Strong relationships with others are an essential part of building resilience and boosting wellbeing.

**Give**

**Your time, your words, your presence**

Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

**Take Notice**

**Remember the simple things that give you joy**

Paying more attention to the present moment, to thoughts and feelings, and to the world around, can boost our wellbeing.

**Keep Learning**

**Embrace new experiences, see opportunities, surprise yourself**

Being curious and seeking out new experiences positively stimulates the brain.

**Be Active**

**Do what you can, enjoy what you do, move your mood**

Being physically active every day is great for our bodies and minds.