

5 ways to support your health and wellbeing

Connect Be active Take notice Give Keep learning

Connect with the people around you: family, friends, colleagues, neighbours, people at work and in the local community



Be active - walk... dance... exercise... But remember good quality sleep is as important to wellbeing as being active



Take notice - be aware of the world around you and of your own feelings. Notice the beautiful – and enjoy the moment



Give your time by doing something nice for a friend – or a stranger. Give someone a compliment. Contribute to a group.



Keep Learning - try something new. As well as being fun, learning new things will help you feel more confident.

