

# 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.