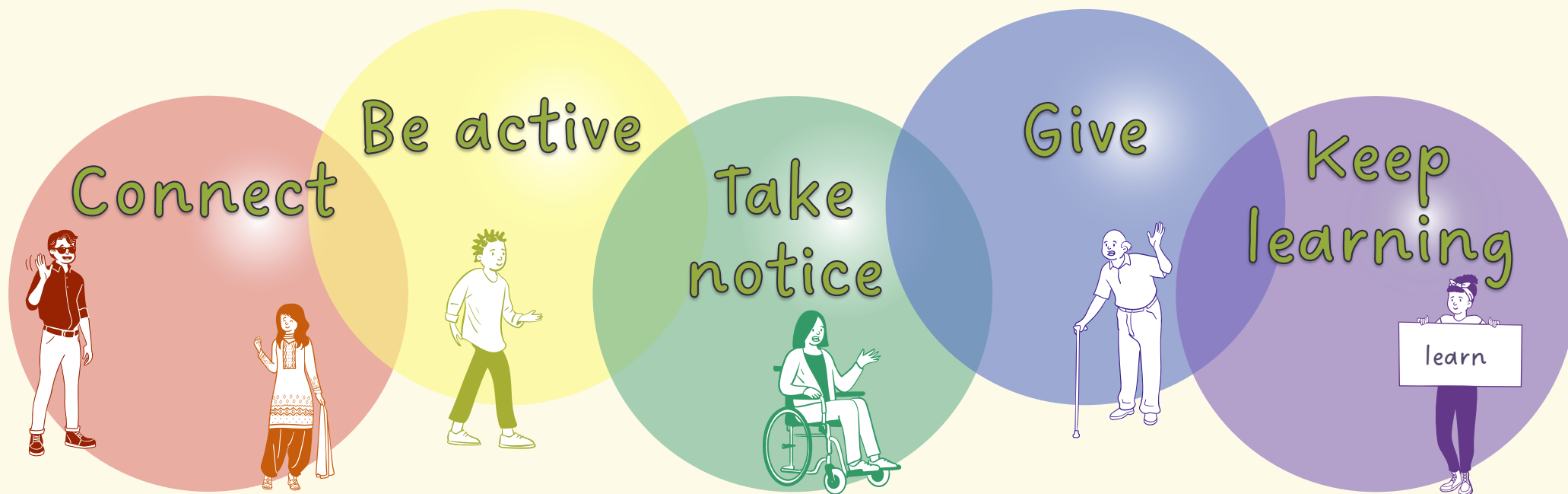


5 ways to wellbeing



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

Walk... dance... exercise...
But remember good quality sleep is as important to wellbeing as being active

Be aware of the world around you and 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

Try something new. As well as being fun, learning new things will help you feel more confident