# Five Ways to Wellbeing

### Connect

with family, friends, colleagues and neighbours, develop these relationships.

# Be active

walk, cycle, play, swim, find something you enjoy and make it part of your life.

# Learn

new skills, create opportunities and be open to change.

### Give

your time, patience, words, a smile\_the smallest act can count.

### Take notice

of your feelings, be mindful of your thoughts and approach challenges with confidence.