

5 ways to well being



Give – Your time, Your words, Your presence

Do something nice for a friend, a family member or a stranger. Give your time...your smile to someone you feel needs it. Look out as well as looking in. Seeing yourself and your own happiness is incredibly rewarding.



Keep learning – new skills, be open to change

Try something new, or rediscover an old interest. Setting yourself a challenge and learning new things can improve your confidence and can add some fun to your day.



Be Active – walk, cycle, dance, play...

Put on your favourite song and dance! Dance like no one is watching. We are all great dancers when we are on our own. Walk around the block, walk a dog. Whatever works for you, get out there!



Take notice – of your feelings, of others

Take time in your day to savour the moment. Look at the beauty of the moment. Be curious, look for the beauty in things. Make time to chat with friends, make time for yourself.



Connect – with friends, family, neighbours

Online apps such as house party, or Zoom allow you to keep in touch with friends and family whilst staying safe. Why not chat about shared interests or how about reading to each other. You can always watch your favourite tv shows or films virtually together too.

