



Five Ways to Wellbeing



Five Ways to Wellbeing	What can I do?
<p>Connect</p> <p>With the people around you. With family, friends, colleagues and neighbours. At home, work, school, in your local community & within your place of worship. Connect with your faith, religion, spirituality and with nature. Most importantly connect with yourself.</p> <p>Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.</p>	
<p>Be Active</p> <p>Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.</p> <p>Exercising makes you feel good. Most importantly, discover a physical activity you enjoy; one that suits your level of mobility and fitness.</p>	
<p>Take Notice</p> <p>Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends.</p> <p>Be aware of yourself and the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.</p>	
<p>Keep Learning</p> <p>Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food.</p> <p>Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.</p>	
<p>Give</p> <p>Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group, meditate, visit a place of worship. Look out, as well as in.</p> <p>Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.</p>	