## 5 Ways to Wellbeing

## CONNECT...

With others: your family, your friends, your community.

TAKE NOTICE...

Be curious. Be aware of what is going on around you.

## BE ACTIVE...

Exercise. Dance. Play. Move your mood.

KEEP
LEARNING...

Try something new.
Sign up for that
course.

## GIVE...

Your time. Your presence. Your appreciation.