

FIVE WAYS TO WELLBEING

Be Active

Get up; get moving; enjoy a hobby. Activity boosts our mood, builds confidence and protects against cognitive decline.



Take Notice

Slow down; pay attention to your thoughts, feelings, senses and the world around you. Taking notice helps us to learn about ourselves and feel connected with our world.



Connect

Connect with other people, through any means of communication. Relationships are the cornerstones of our lives and enhance our sense of belonging, self-worth and life satisfaction.

Give

Share with others; do a good deed. Giving activates the brain's feel-good pathways and gives a sense of connection with our communities.



Keep Learning

Challenge your mind; learn a new skill. Learning boosts our self-confidence and broadens our horizons.

