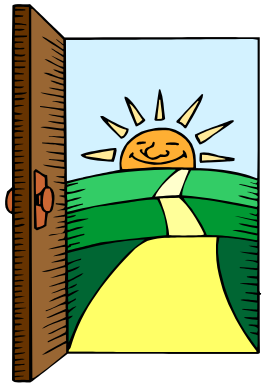


# 5 Ways to WELLBEiNG

# What we are going to think about

1. What is Well-Being?
2. 5 ways to Well-Being



# What is Well-Being?





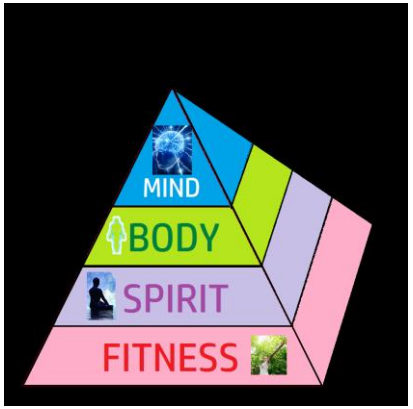










# 5 Ways to Well-Being



# 1. Connect



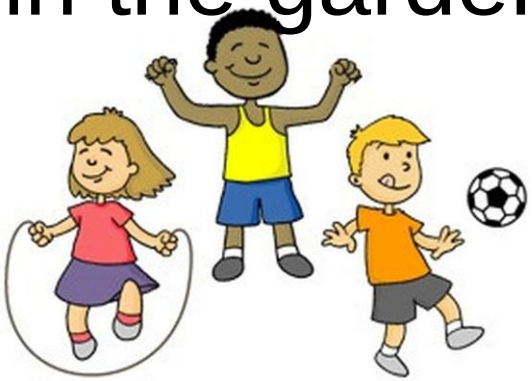

- Connect with the people around you: your family, friends, colleagues.
- Strengthening relationships with others and feeling close to and valued by others is critical to boosting wellbeing.



# 2. Be Active




- Being physically active improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.
- Go for a walk or run. Step outside. Go in the garden. Play a game.



# 3. Keep Learning




- Being curious and seeking out new experiences positively stimulates the brain.
- Try something new. Rediscover an old interest. Take on a new responsibility.

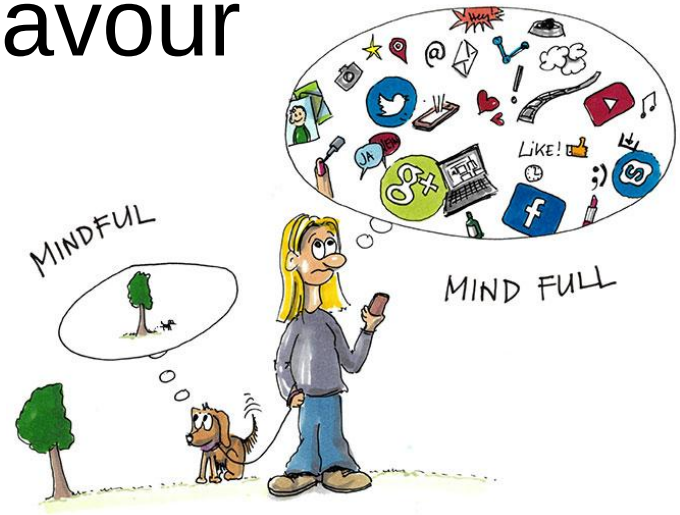


# 4. Take Notice




•Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

•Remark on the unusual. Notice the changing seasons. Savour the moment.



# 5. Give




•Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

•Do something nice for another person. Thank someone.






# Five ways to wellbeing