



FIVE WAYS TO WELLBEING



CONNECT

- Developing close relationships and socialising with friends, family and others, is important for good health and wellbeing.
- Broadening your social networks and range of relationships with others in the wider community, is also important for your wellbeing.

- Being active is important for good health at all ages and life stages to help keep your mind and body working well.
- Being active isn't hard or costly and can be very enjoyable.
- Being active can increase your good moods, keep you at a healthier weight, increase your muscle mass, increase your brain cells, improve your looks and prevent or delay the onset of many illnesses.

BE ACTIVE

LEARN

- We often think about learning as being something important for children or young adults. We place a great deal of importance on making sure young people develop skills, knowledge and experience to help them on their journey into adulthood. But research shows it's just as important for people of all ages and life stages to keep learning for happiness, health and wellbeing.

- Take time to stop and be aware of your surroundings and the moment you are in, paying attention to your thoughts and feelings. Doing this can positively change the way you feel about life and how you approach life's challenges.

BE ALERT

GIVE

- Most people would agree that helping others is a good thing to do in itself. But research shows it can also improve your wellbeing.