








Five ways to wellbeing

5 ways	Ideas	What you did	Evidence (photo or other)
Connect			
Be active			
Take notice			

Learn			
Give			



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR HOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



Your time,
your words,
your presence