

Your 5 ways to wellbeing for life...



Connect

Connect with and value the people around you - family, friends, colleagues and neighbours. Feeling close to, and valued by, other people is good for you.



Be Active

Take the stairs, Hoover the house, walk, run or play a game. Challenge yourself with a new sport. Activity is good for the body and the mind.



Take Notice

Take in your surroundings, walk a different way to work, enjoy healthy food, find time to de-clutter. Enjoying the moment and the world around you enhances your wellbeing.



Keep Learning

Try something new, or rediscover an old interest. Sign up for that course or fix that broken old bike. Continued learning helps you feel good about yourself.



Give

Do something nice for a friend or a stranger. Thank someone and smile or volunteer for a good cause. Acts of kindness can contribute to your own wellbeing too.



Wellbeing for life
Newcastle