

Five Ways to Wellbeing

Evidence suggests there are five simple actions which can improve well-being in everyday life. They are:

Connect - with people around you, family, friends and neighbours.

Take Notice –Take a moment to stop and appreciate something around you.

Be Active—Step outside, go for a walk, play a game, do an activity you enjoy.

Give—Do something nice for a friend or stranger. Thank someone, smile, volunteer your time.

Keep Learning—Try something new, rediscover an old interest, sign up for that course.



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Social Prescribing

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