

# 5 WAYS TO WELLBEING



## 1. CONNECT

Connecting to others can help us feel close to people. There are many different ways we can connect with people.

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## 2. BE ACTIVE

Being physically healthy can have huge benefits for our mental health.

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## 3. TAKE NOTICE

Take a few moments each day to enjoy the environment around you.

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## 4. LEARN

Learning is so important! We are learning everyday without even realising sometimes.

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## 5. GIVE

Helping others can actually have a positive effect on yourself too!