

# 5 WAYS TO WELLBEING

The 5 Ways to Wellbeing can help you remember how to look after your emotional wellbeing and mental health

## TAKE NOTICE

During each day, take a moment to stop, look and listen to the world around you. Try to notice your feelings.

## CONNECT

Connect by spending time with other people (or pets!) - at home, in school or at a club.

## GET MOVING

Moving makes you feel good! It's even better if you get moving outdoors... the main thing is that it's an activity you ENJOY!

## GIVE

Being kind to others helps us feel happy! Smile, give a hug or say something nice to someone. Offer to help out or do something for someone else.

## FIND TIME FOR YOU!

It's important for you to find time to enjoy the things and people you love! Always make time to play and have FUN!

You can do these simple things every day to help you feel happier and more positive

