

Five Ways to Wellbeing

The Five Ways to Wellbeing are techniques that can help everyone to maintain good mental and emotional health.



Learning can help make us feel good, and can be a fun activity that makes our life more interesting.



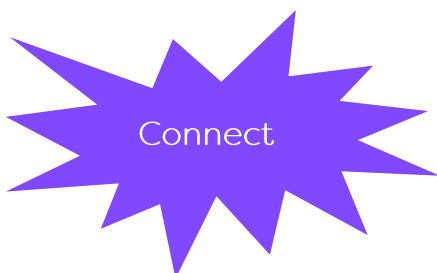
Giving can lead to positive and rewarding feelings. Giving does not necessarily imply giving objects, but can be giving our time or a hug.



Being Active is not only good for physical health, but can also give a sense of wellness and happiness. Indeed when you exercise, the 'good mood' neurotransmitters or endorphins are released. This also includes short time activities.



Noticing things can help us feel more relaxed and take our attention away from other worries or concerns.



Connecting with other people can give us a sense of belonging in our society, recognising everyone is there for each other.

For each technique, list examples of how you would use them.

