

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



**TAKE
NOTICE**

REMEMBER THE SIMPLE
THINGS THAT GIVE YOU JOY



CONNECT

TALK & LISTEN,
BE THERE, FEEL CONNECTED



Give

YOUR TIME,
YOUR WORDS, YOUR PRESENCE



**KEEP
LEARNING**

EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF