**5 Ways to Health & Wellbeing**

**Connect…..Be Active…..Take Notice…..Give…..Keep Learning…..**

**Connect …**

**With the people around you – with family, friends, colleagues, neighbours, at work and local communities**

**Be Active…**

**Walk, dance, exercise, but remember, good quality sleep is every bit as important to wellbeing as being active**

**Take Notice…**

**Be aware of the world around you and of your own feelings. Notice the beautiful and enjoy the moment**

**Give…**

**Give your time by doing something nice for a friend or stranger. Give someone a compliment. Join a group and contribute**

**Keep Learning…**

**Try something new. Learning new things will help you feel more confident as well as being fun**