

5 ways to Well-Being



DRCS

Connect: With people around you...family, friends, colleagues, neighbours in your local community. Building connections will help support and enrich you everyday.

Be Active: Go for a walk or run! Believe it or not exercise makes you feel good...find a physical activity that suits your level of fitness and mobility.

Give: Someone a smile! Give something to a friend or family member. Give someone a thank you. Give your time as a volunteer, and seeing your happiness linked with the community will be incredibly rewarding.

Take notice: Be curious. Take notice of the beautiful and remark on the unusual. Savour the moment and be aware of the world around you. Reflecting on experiences will help you appreciate what matters.

Learn: Try something new today. Sign up for that course or take on a new skill. Learning will make you feel confident as well as being fun!