LOOK AFTER YOUR MIND

Five ways to wellbeing

Small, everyday steps that can help you feel more positive and get more out of life.



Connect

Spend time with family, friends and colleagues. Talk, listen and share.



Be active

Find movement you enjoy - a walk, a stretch, a dance.



Keep learning

Try something new, or pick up an old interest again.



Give

A kind word, a thank you or your time can lift you both.



Take notice

Pause and pay attention to the present moment - your thoughts, feelings and surroundings.