

# 5 WAYS TO WELLBEING



## KEEP LEARNING

Try something new. Try a new hobby, learn about something just because it interests you.

## TAKE NOTICE

Take a break and take notice of how you are feeling. Relax and look around you or listen to music. Take a few deep breaths or try an online meditation.

## BE ACTIVE

Physical activity not only makes you physically healthy, it also makes you FEEL GOOD!

## CONNECT

Spend time with family and friends. Enjoy doing things together.

## GIVE

Do something for a friend, teacher, or family member. As well as making them feel good, it can make you feel good too!

Research tells us that the five ways to wellbeing can really help to boost our mood. However, there are times in life when you might need some extra help. If you're struggling, tell someone.

You can go to your GP, or visit [www.justtalkherts.org](http://www.justtalkherts.org) for details of other support that's available.

Think about the things you currently do or could try to do for each of the five ways to wellbeing. Write down the things that you've found work well to make you feel happier / boost your mood.



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