

# The 5 Ways to Wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



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



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

Tenacity Empathy Aspiration Motivation



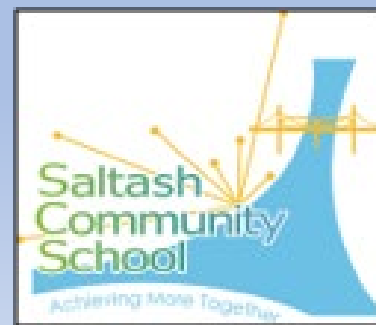
Whether you are taking a walk, eating lunch or talking to friends take a moment or two to be aware of the world around you and what you are feeling.



Pausing to really take notice like this can be very relaxing and calming.

Some people call this 'being Mindful' or 'Mindfulness'.

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Stop and  
take notice



- Use your senses!
- Remember the things that make you smile
- Try looking at something you see all the time. Look at the detail. Do you see anything you haven't noticed before?
- Stop and really take in your surroundings
- Try cloud spotting – see what shapes you can spot in the clouds
- Watch animals and birds outside
- Try a new food and then notice how different it tastes and feels

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There are lots of mindfulness activities available on the internet.

Have a look at some of them and make time in your day to practice one or two of them.

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