

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



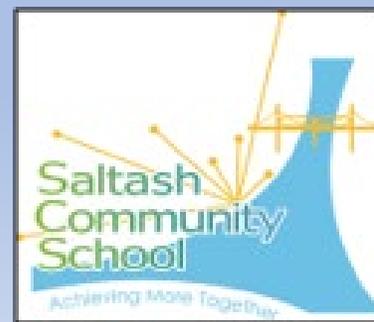
Whether you are taking a walk, eating lunch or talking to friends take a moment or two to be aware of the world around you and what you are feeling.



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

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

Tenacity Empathy Aspiration Motivation



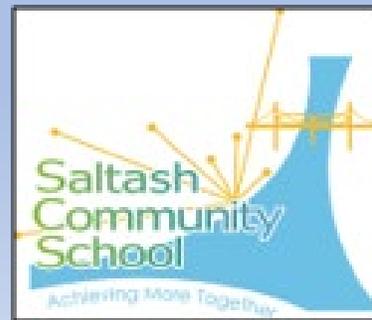
Stop and
take notice



Did you do any of this after the first session on 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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The following exercise can be used to help calm a busy mind, reduce stress, and bring our awareness to the "now". It also helps improve concentration.



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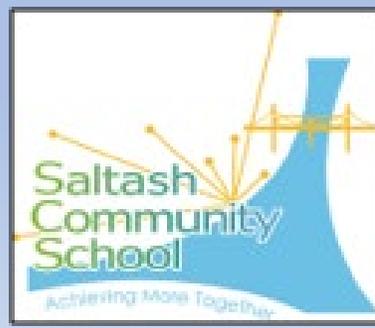


First, notice **5 things that you can see**. Look around you and become aware of your environment. Try to pick out something that you don't usually notice.



Second, notice **4 things you can feel**. Bring attention to the things that you're currently feeling, such as the texture of your clothing or the smooth surface of the table you're resting your hands on.

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Third, notice **3 things that you can hear**. Listen for and notice things in the background that you don't normally notice. It could be the birds chirping outside or an appliance humming in the next room.



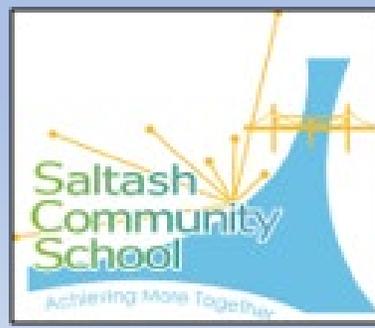
Fourth, notice **2 things you can smell**. Bring attention to scents that you usually filter out, either pleasant or unpleasant. Catch a whiff of the pine trees outside or food cooking in the kitchen.



Finally, notice **1 thing you can taste**. Notice the current taste in your mouth.

Try using this exercise throughout the day if you feel you need to reset your mind, to help you concentrate, to feel less stressed.

Tenacity **E**mpathy **A**spiration **M**otivation





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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