

5 WAYS TO WELLBEING



CONNECT

Spend time with people around you.



GIVE

Help other people by being kind, smiling, or just saying 'thank you'.



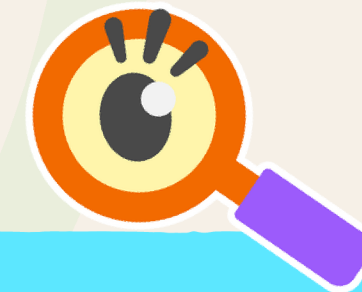
KEEP LEARNING

Learning isn't just for school.
Learn something new.
Try something different.



BE ACTIVE

Exercise makes you feel good.
Look for an activity you enjoy.



TAKE NOTICE

Be aware of the world around you and what you are feeling.