

# FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES  
INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



**BE  
ACTIVE**

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



**TAKE  
NOTICE**

REMEMBER THE SIMPLE THINGS  
THAT GIVE YOU JOY



**CONNECT**

TALK & LISTEN,  
BE THERE, FEEL CONNECTED



**Give**

YOUR TIME, YOUR WORDS, YOUR PRESENCE



**KEEP  
LEARNING**

EMBRACE NEW EXPERIENCES,  
SEE OPPORTUNITIES, SURPRISE YOURSELF