

Connect

Talk

Listen

Be a Friend

Spend time with family

Visit a friend

Volunteer



Give

Say 'Thank-you'

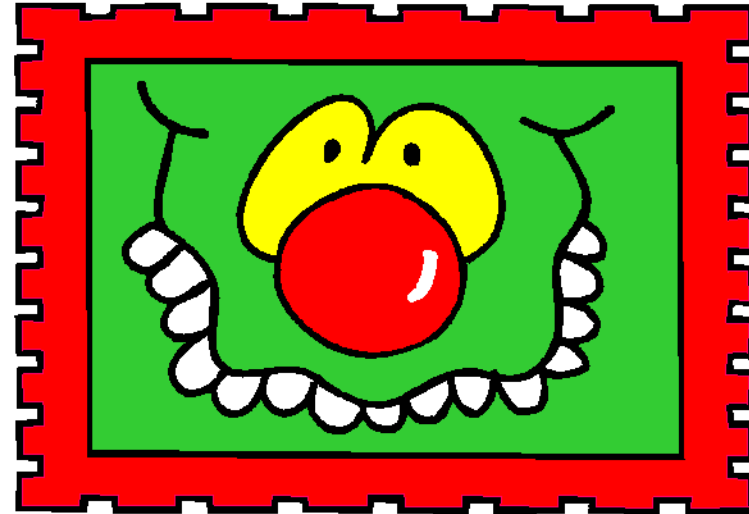
Offer to help

Include others

Volunteer

Do something nice for someone

Give someone a smile



Notice

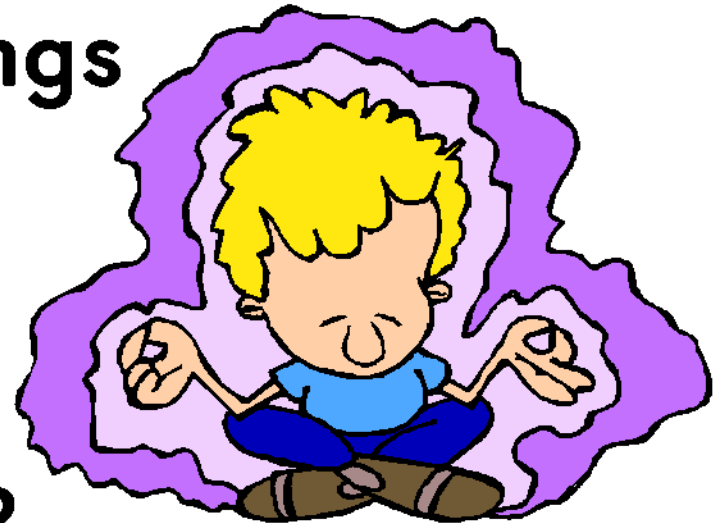
Recognise the beauty around you

Be aware of your feelings

Relax

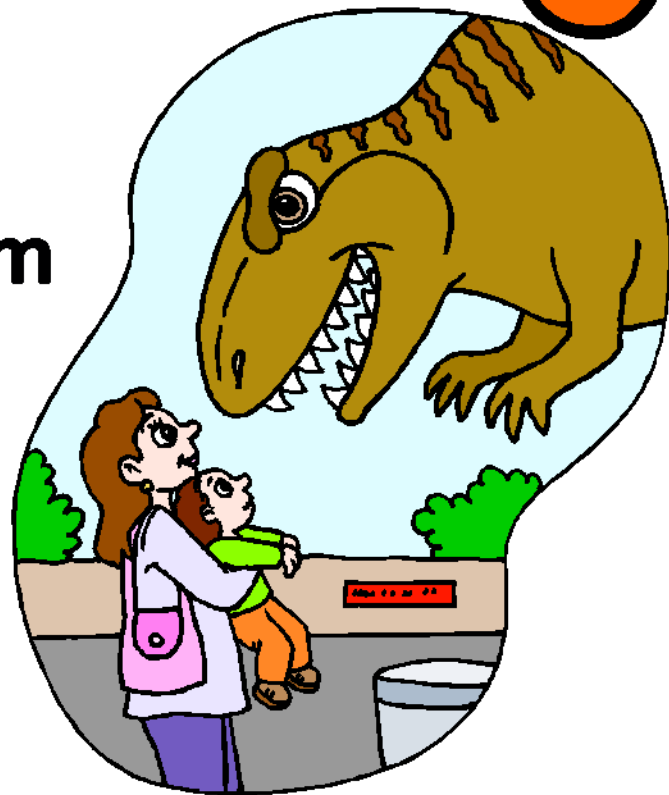
Meditate

What can you see,
smell, taste, feel, hear?



Keep Learning

Try something new
Visit a gallery or museum
Read a book
Join a club
Set yourself goals
Surprise yourself!



Be Active

Go swimming

Play sports with friends

Walk somewhere

Skip

Dance

Exercise however you like!





Winning
Ways To
Wellbeing