



## 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



# CONNECT

TALK & LISTEN,  
BE THERE, FEEL CONNECTED



# Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE



# TAKE NOTICE

REMEMBER THE SIMPLE THINGS  
THAT GIVE YOU JOY



# KEEP LEARNING

EMBRACE NEW EXPERIENCES,  
SEE OPPORTUNITIES, SURPRISE YOURSELF