

My Goals

Set yourself a goal



Support available to me / who can help me? / what can help me?

Building small actions into your daily life can make you feel good and feeling good is an important part of being healthy. There are 5 ways to wellbeing that are proven to make a real difference. Please turn over for more information.

Connect

1

Be active

2

Take notice

3

Keep learning

4

Give

5

My 5 Ways to Wellbeing

1 **Connect...**with the people around you. With family, friends, colleagues and neighbours. Spend time developing these relationships.

2 **Be active...**You don't have to go to the gym. Take a walk, go dancing or play a game. Find an activity that you enjoy and make it a part of your life.

3 **Take notice...**Catch sight of the beautiful. Remark on the unusual. Savour the moment, whether you are walking to work, eating lunch or talking to friends.

4 **Keep learning...**Learning new skills can give you a sense of achievement. So why not sign up for that cooking course, or start learning to play a musical instrument.

5 **Give...**Do something nice for a friend, or a stranger. Volunteer your time. See yourself and your happiness as linked to the wider community around you.

One You and Change4Life

HOW ARE YOU?

Our lifestyles can be more unhealthy than we think. Start the journey to a healthier you by taking the How Are You? quiz to see how you score.

[Search One You online](#)

Change4Life gives you the advice and information you need to help your kids eat well and move more.



Millions of families have already made healthier changes – you can too.

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