

# 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 sights 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.



The Better Health Campaign helps you make healthier choices every day - whether that's moving more, eating better, quitting smoking or cutting back on alcohol.

It's full of free NHS-approved tools, support, and apps to help you take small steps towards a healthier you.



NHS Food Scanner app



NHS Weight Loss Plan app



NHS Couch to 5K app



NHS Active 10 app



NHS Drink Free Days app



NHS Quit Smoking app



NHS BMI calculator



Healthy Choices Quiz

Start with one small change - it adds up.

visit [www.nhs.uk/better-health](http://www.nhs.uk/better-health) to find out more.

# 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