

# Your Wellbeing

## Connect



Connect with your people around you, your family, friends, colleagues and neighbours. Spend time developing these relationships.

## Be active



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



## Give to others

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

## Value our environment



Earth's resources are not limitless and by doing our bit we can feel good about the difference we can make to improve the life for our families in the future. Every little counts: Reduce – Reuse – Recycle.

## Connect

Be active

Be mindful

Give to others



Keep learning

Value our environment



## Keep learning

Learning new skills can give you a sense of achievement and a new confidence. So why not start learning to play a musical instrument or figure out how to fix your bike?

## Be mindful



Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.