

# Winning ways to wellbeing

## 1 Take notice

Enjoy the moment: Walk a different route to work or visit somewhere new

## 2 Connect

Talk and listen: Ask how a friend is or call instead of texting

## 3 Be active

Improve your physical wellbeing: Go for a walk or take the stairs

## 4 Give

Your time to help others: Volunteer in the community or simply say thank you

## 5 Keep learning

Enhance your self-esteem: Sign up for a class or read a book



**For additional information and local and national support organisations, visit:**

[www.wisherefordshire.org/mentalhealth](http://www.wisherefordshire.org/mentalhealth)