

# Ways to Personal Well-being

## Connect

Maintain contact and make time to be with family, friends, colleagues, and neighbours. Connect with others at home or work.



## Learn

Try something new. Set yourself a challenge. Seek out an evening or daytime course. Take up a new (or old) hobby, learn to play an instrument, learn a new language or skill. Be Creative!

## Exercise

Be active. Get some physical exercise. Get outside! Walk, run, cycle, swim, play, work out, garden or dance.



## Acts of Kindness

Give. Do something nice for a friend or stranger. Say thank you or just smile at others. Do some voluntary work or join a community group.

## Notice

Be curious. Become aware and take notice of your environment. Catch sight of the beautiful, savour the moment.

# LOOK

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