

5 WAYS TO WELLBEING

CONNECT



Connect with the people around you. With family, friends, and neighbours. At home, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them.

Building these connections will support and enrich you every day.

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www.bouncetogether.co.uk

BE ACTIVE



Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Evidence suggests that physical exercise changes your brain chemistry and releases happy hormones which in turn can make you feel more positive. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

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TAKE NOTICE



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling; reflecting on your thoughts and feelings may help you to identify why you may be feeling a certain way.

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GIVE



Do something nice for a friend, thank someone, smile, volunteer your time, join a community group, look out, as well as in.

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KEEP LEARNING



Try something new. Read a new book. Sign up for that course. Take on a responsibility at school. Fix a bike. Learn to play an instrument or how to cook your favourite food.