

# Five Ways to Wellbeing

Using the 5 ways of wellbeing in our everyday life at home and at work can help us to think better, be more positive and feel happier.

## 1. Connect

With the people around you - family, friends, colleagues and neighbours at home, work or where you live. Take time to talk and spend time with others

**Building these connections will support and enrich you every day.**

## 2. Be Active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

**Discover an activity you enjoy and suits your level of mobility and fitness.**

## 3. Take Notice

Slow Down. Take note. Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends.

**Be aware of the world around you and what you are feeling.**

## 4. Keep Learning

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food.

**Learning new things will make you more confident, as well as being fun to do.**

## 5. Give

Do something nice for a friend or even a stranger. Thank someone. Smile. Volunteer your time.

**Small acts of kindness to others can make you feel good.**

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