

CONNECT

TALK & LISTEN
BE WITH OTHERS WHO MAKE
YOU FEEL GOOD.
CONNECT WITH NATURE

KEEP LEARNING

EMBRACE NEW EXPERIENCES,
SEE NEW OPPORTUNITIES,
STEP OUTSIDE YOUR COMFORT
ZONE, BE OPEN TO CHANGE.

NOTICE

NOTICE THOSE LITTLE THINGS THAT BRING A SMILE TO YOUR FACE AND
SAVOUR IT! NOTICE WHAT YOU HAVE AND BE GRATEFUL. NOTICE
THOUGHTS THAT ARE HELPFUL AND THOUGHTS THAT ARE LIMITING.

BE ACTIVE

MOVE YOUR BODY, MOVE YOUR MOOD. FIND
SOMETHING YOU ENJOY AND MAKE IT PART OF
YOUR LIFE.

GIVE

YOUR TIME, YOUR PRESENCE,
YOUR PATIENCE, YOUR
KINDNESS, YOUR WORDS.

5 WAYS TO WELLBEING

