

Five Ways to Wellbeing

Simple actions you can do in your everyday life to feel good and function well

01

Connect

With the people around you at home, work, school and in your local community. Connecting can help us feel close to people and valued for who we are.

02

Be Active

Get outside and be active—walk, cycle, garden, or dance. Studies indicate that physical activity improves sleep, lifts mood, and reduces stress and anxiety.

03

Take notice

Being mindful helps you recognise your feelings and identify triggers for stress or anxiety. Research indicates that savoring the moment can enhance your overall positivity about life.

04

Keep Learning

Feeling like you're learning and developing can boost your self-esteem, and setting goals can help you feel more productive and in control of your life.

05

Give

Research has shown that people who help others are more likely to rate themselves as happy. Do something nice for a friend. Thank someone. Volunteer. Join a community group.