



The NHS has developed a five-step plan to improve your wellbeing.
You can involve your friend or family members in this too.

The 5 Ways to Wellbeing

[Read more about the five ways to wellbeing.](#)



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Five ways to **wellbeing**