



WELLBEING



Can you name five
fruits or vegetables
that begin with the
letter 'a'?





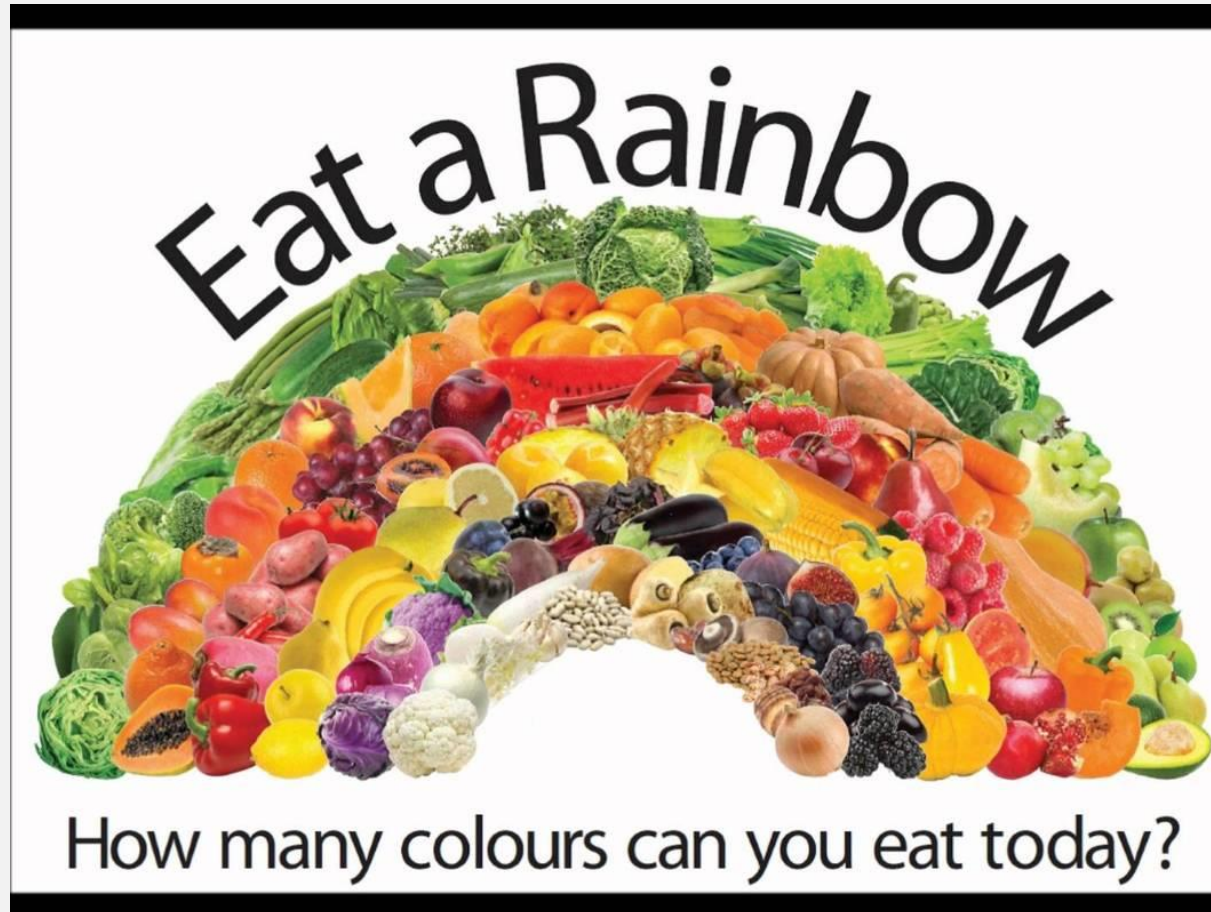








Healthy Eating for our Wellbeing



5 Ways of Wellbeing

Steps we can take which have been proven to increase our sense of wellbeing.



When we feel happy, healthy and content we have positive wellbeing. 😊

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>



**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**

- Friends, family and neighbours
- Volunteer
- Take time for others



- Look after your physical body!
- Changes in chemicals, brain and mood
- Raise our self-esteem



- Mindfulness and meditation
- Paying attention to the world around us
- Calmness and enjoyment



- Be in charge of your intelligence!
- New skills and hobbies
- Boost our self-esteem and confidence



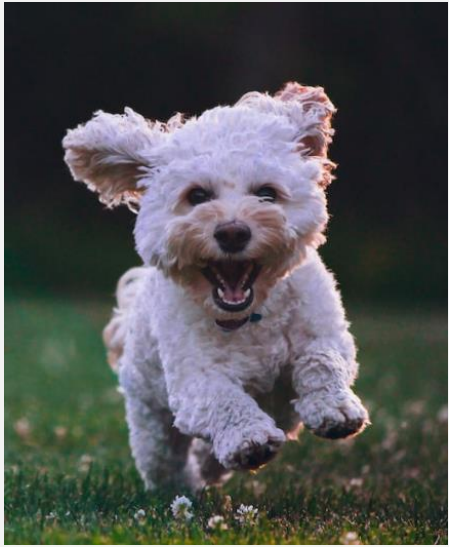
- Acts of kindness
- Charity
- Help those in need
- Purpose, self-worth and positivity

5 Ways of Wellbeing

Steps we can take which have been proven to increase our sense of wellbeing.



Explore with the help of our Wellbeing Ambassadors



WELLBEING

