

# MY FIVE STEPS TO WELLBEING



Find a physical activity that you enjoy, exercising can make you feel good

What could I do to be more active? (Park Fit, local parks, exercise)



Be aware of the world around you and what you are feeling. Reflect on your experiences

How can I make time to take notice of how I'm feeling and my surroundings? (Meditation groups, going for a walk)



Building Connections with other people can support and enrich your life every day

Can you think of ways to increase your network of friends or strengthen existing relationships with friends/family?



Learn something new. Set yourself a new challenge that you will enjoy achieving

What would I like to learn about? What interests me, what do I value, what would be useful?( Course, self-defence)



Seeing yourself and your happiness as linked to the wider community can be incredibly rewarding

What skills/ knowledge do I have that could support others? (local volunteering, peer mentoring, colleagues, family)