

## Five ways to wellbeing

For each of the following areas of your life choose one or two simple steps you could take



### Connect

*How could you connect with others around you? This may include connecting or reconnecting with people that you already know or people that you could potentially connect with in the future.*



### Be active

*Think about different physical activities that you already enjoy or may be interested in for the future. This may include something you do on your own or you may wish to be part of a group or exercise with others.*



### Take notice

*Being aware of what is around us, notice things that are changing, absorb where possible and reflect.*



### Keep learning

*You may want to try something new, rekindle a skill you once had or find a new interest or hobby. This may be through self learning or learning with others or part of a group.*



### Give

*This may include giving to people you do or do not already know, volunteering your skills or just giving some time to someone.*



For more information about the project and the opportunity to access support with your wellbeing, email:

[hello@wearepurple.org.uk](mailto:hello@wearepurple.org.uk) or visit [www.wearepurple.org.uk](http://www.wearepurple.org.uk)