

KEEP
Learning

Take
Notice

Be
Active

Connect

Give

5 WAYS TO WELLBEING MK

Why don't you give it a go!!!

Be
Active

Do what you can,
Enjoy what you do,
Move your mood

Keep
Learning

Embrace new
experiences,
See opportunities,
Surprise yourself

Give

Your time,
your words,
your presence

Connect

Talk and Listen,
Be there,
Feel Connected

Take
Notice

Remember the
simple things that
give you joy