

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