

5 WAYS TO WELLBEING MK

KEEP
Learning

Take
Notice

Be
Active

Connect

Give

www.milton-keynes.gov.uk/5waysmk

MK

milton keynes council

5 WAYS TO WELLBEING MK

The five ways to wellbeing are a set of evidence based actions which promote wellbeing. They are:

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

Research has shown that there are five ways to wellbeing that we can all get involved with: whether it's getting out and about, doing a good deed, spending time with others, going for a walk, taking more notice of our local environment or learning to do something new.

Why don't you give it a go!

To find out more visit:
www.milton-keynes.gov.uk/5waysmk