



Created from the 'NHS five ways to well-being'



Connect: *Being close to others builds strong and positive bonds*

Move: *Being able to move around freely improves mood, sleep and confidence*

Learn: *Developing new skills boosts self-esteem and productivity*

Be Kind: *Acts of kindness not only improve others well-being but also boost your own*

Mindful: *Being present in the moment helps learn your triggers for stress and anxiety*