

# ACTION ON ACES

Gloucestershire

## 5 ways to wellbeing

### Connect

With someone you trust or the people around you • With family, friends, pets, colleagues and neighbours • At home, work, school or in your local community

Think of these as the cornerstones of your life and invest time in developing them. **Building these connections will support and enrich you every day.**

### Be active

Go for a walk • Get outside • Cycle • Play a game • Garden • Dance • Take a break from screens

Exercising makes you feel good. **Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.**

### Take notice

Be curious • Catch sight of the beautiful • Remark on the unusual • Notice the changing seasons • Savour the moment, whether you are walking to work, eating lunch or talking to friends

Be aware of the world around you and what you are feeling. **Reflecting on your experiences will help you appreciate what matters to you.**

### Keep learning

Try something new • Discover an interest • Sign up for that course • Go to school • Take on a different responsibility at work • Learn to play an instrument or how to cook your favourite food

Set a challenge you enjoy achieving. **Learning new things will make you more confident as well as being fun.**

### Give

Be kind • Do something nice for a friend or a stranger • Thank someone • Smile • Volunteer your time • Join a community group

Look out, as well as in. **Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.**