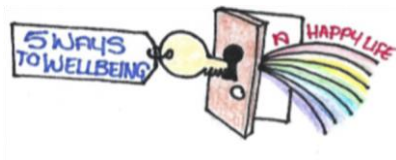


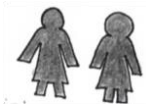
## 5 WAYS TO WELLBEING.

Research has shown that simple steps we can take, help to significantly positively impact our wellbeing. Some of the ways in which studies have shown wellbeing to be improved are;

- Increased longevity
- Improved immune response
- Resilience
- Better Mental Health
- Slower disease progression



### 1. Connect



Social relationships are important to maintain wellbeing. Studies show strong social relationships make people happier and even prolong life. You could:



Join a gym, Find an online community, and Take a course

### 2. Be Active

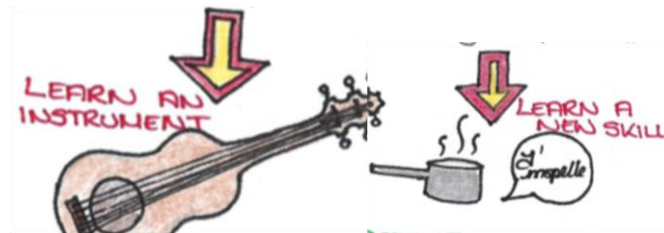


Physical activity is well known to improve/maintain wellbeing at any age. The effects help create a sense of achievement, stress bust and promote self-esteem. Furthermore, long term conditions can be managed including heart disease, diabetes and mental health.

### 3. Keep Learning



From self-esteem to social interactions. Learning promotes cognitive development. As an adult set a goal and plan how you'll achieve it. Your wellbeing can be positively impacted, for example:

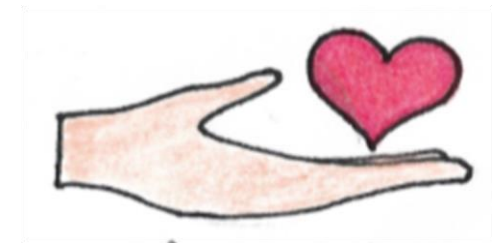


### 4. Take Notice



Research shows that wellbeing is enhanced when we are aware of our thoughts and feelings in the present moment, even the sensations of the world around us. Some people call it mindfulness. Being mindful helps with self-reflection and intentions. Both mindfulness and meditation can help us take ownership of our intentions, positively enhancing our wellbeing when we achieve them.

### 5. Give



Feelings of satisfaction are strong when we actively participate in social events. Giving back to others promotes wellbeing by defining a sense of purpose and self-esteem.