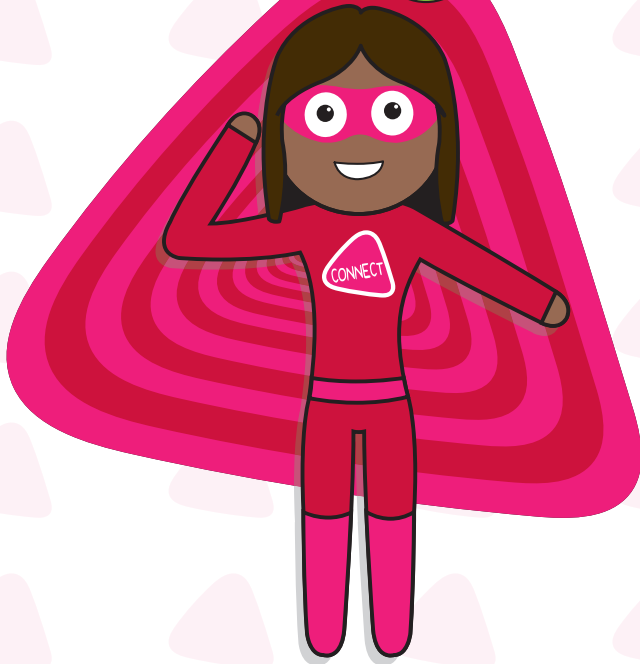
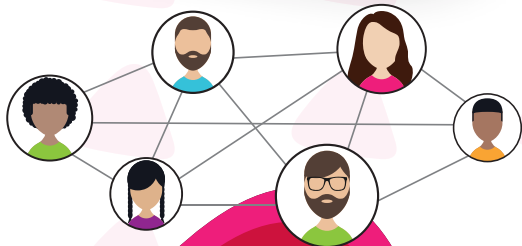


5 ways to... wellbeing

ONE

CONNECT



The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.

Connecting with people can help you, and them, feel special. Meeting new people can also make us happy.

Why not try some of these...

- ▲ Talk to your friends and family
- ▲ Help a friend or neighbour
- ▲ Eat a meal with your family
- ▲ Make a new friend
- ▲ Say hello
- ▲ Bake some cakes and share them

What ideas can you think of to...



Find out more about the
Five Ways to Wellbeing at:
derbyshire.gov.uk/fiveways