



5 ways to...  
**wellbeing**



**Take Notice**



10,000 likes

**#DerbyshireFiveWays** #SimpleThingsToDo #Everyday  
#ToBoostYourMood #3TakeNotice  
#Listen #BeStill #Meditate #KeepADiary #BreatheDeeply  
#LookOutside #EnjoyNature #FindOutMore



[derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)

