



Pum ffordd at les

Five ways to wellbeing

Five simple things we can all do to give our wellbeing a boost



Take notice

Take time for yourself, notice things around you and savour the moment



Connect

Make time to connect with friends and family to help enrich your day



Be active

Being active makes you feel good. Get moving - dance, sing; step outside - go for a walk, a run or cycle



Keep learning

Learning something new can be fun, make you feel good and build your confidence



Give

Acts of kindness, helping others or even volunteering can make you feel happier

My goal for this week is to...

Did I succeed?



How did it make me feel?



GIG
CYMRU
NHS
WALLES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



GIG
CYMRU
NHS
WALLES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

You might also want to look at:

<https://hduhb.nhs.wales/healthcare/services-and-teams/five-ways-to-wellbeing>

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

And download the 5 WAYS TO WELLBEING app.