

# My Five Ways to Wellbeing Action Plan



Way to Wellbeing	Things I Already Do	Things I Will Give a Go	By When
<b>Connect</b> <ul style="list-style-type: none"> <li>• Talk and listen</li> <li>• Be there, feel connected</li> </ul> <i>E.g. ask someone about their weekend and really listen when they tell you, pick up the phone instead of emailing</i>			
<b>Be Active</b> <ul style="list-style-type: none"> <li>• Do what you can, enjoy what you do</li> <li>• Move your mood</li> </ul> <i>E.g. go for a walk at lunchtime, take the stairs not the lift or elevator, stretch throughout the day</i>			
<b>Take Notice</b> <ul style="list-style-type: none"> <li>• Remember the simple things that give you joy</li> </ul> <i>E.g. Have a 'clear the clutter' day, visit a new place for lunch, take a different journey to or from work</i>			
<b>Keep Learning</b> <ul style="list-style-type: none"> <li>• Embrace new experiences</li> <li>• See opportunities</li> <li>• Surprise yourself</li> </ul> <i>E.g. research something you've always wondered about, learn a new word, sign up for a class</i>			
<b>Give</b> <ul style="list-style-type: none"> <li>• Your time, your words, your presence</li> </ul> <i>E.g. Say 'thank you' at least three times a day, volunteer for a cause that is important to you</i>			