

My Five Ways to Wellbeing Action Plan



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