

5 WAYS TO WELLBEING



| | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
| CONNECT: Talk and Listen. Be there. Feel connected. | | | | | | | |
| GIVE: Your time. Your words. Your presence. | | | | | | | |
| TAKE NOTICE: Remember the simple things that give you joy. | | | | | | | |
| KEEP LEARNING: Embrace new experiences. See opportunities. Surprise yourself. | | | | | | | |
| BE ACTIVE: Do what you can. Enjoy what you do. Move your mood. | | | | | | | |

What are you doing for your own Well Being?

At the end of each day tick off which of these you have covered. Then look at which areas you cover all the time. Also which one you may want to focus on during the following week.



**Hastings Girls'
High School**