

MY 5 STEPS TO



EXAMPLES!

How do I demonstrate each of the 5 steps to wellbeing?

CONNECT

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

BE ACTIVE

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into school - perhaps with a friend – so you can 'connect' as well
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you leave for work in the morning

LEARN

- Find out something about your friends
- Sign up for a class
- Read the news or a book
- Do a crossword or jigsaw puzzle
- Research something you've always wondered about
- Learn a new word.

GIVE

- Time to others
- Support someone in need
- Share where you can
- Share your smile
- Help fundraise

TAKE NOTICE

- Get a plant for your workspace
- Have a 'clear the clutter' day
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work

- Visit a new place for lunch.