

The 5 Ways to Wellbeing



The 5 Ways to Wellbeing were developed by the New Economics Foundation, and they're based in evidence and research and are supported by Mind and other leading mental health organisations.

The 5 Ways to Wellbeing

■ **Connect**

Connecting with others is powerful

■ **Be active**

Feel good and reduce feelings of stress

■ **Take notice**

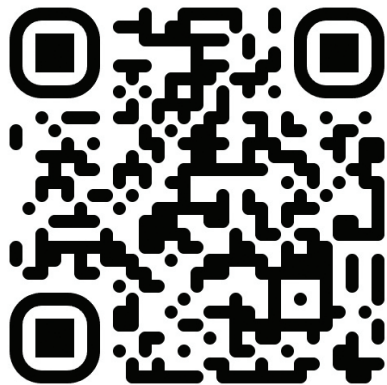
Taking time to enjoy the moment

■ **Keep learning**

New skills boost your self-esteem

■ **Give**

Taking part in social and community life



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Project for Teens