

5 ways to... wellbeing



ONE

Spend time with people around you - at home, school or in the local community.



TWO

Exercising makes you feel good. Look for an activity you enjoy.



THREE

Learning isn't just for school. Study something new - or try something different.



FOUR

Help other people by being kind, smile or say 'thank you'. Do something for others.



FIVE

Be aware of the world around you and what you are feeling.



The Five Ways to Wellbeing are simple things to do **everyday** that can help you to feel happier and more positive.

Find out more about the Five Ways to wellbeing at:
derbyshire.gov.uk/fiveways