

# 5 STEPS TO WELLBEING



## Connect

Reach out to friends and colleagues. A quick chat or coffee break can boost your mood and strengthen bonds



## Be Active

Take the stairs, go for a walk at lunch or join a fitness class. Physical activity helps reduce stress and improve energy.

## Take Notice

Appreciate the present moment. Mindfulness can help you feel calmer and more focused.



## Keep Learning

Try something new. A work-related course or new hobby. Learning keeps our minds active and engaged.



## Give

Acts of kindness make a big difference. Giving creates a positive effect in your environment

