

Warrington Speak Up

5 ways to wellbeing

Using the 5 Ways to Well Being can help you to have a happy and healthy life.



1. Be Active

Join a local walk and talk group.

Take a walk with a friend or family in your local park.

Learn some seated or standing exercises.

Dancing can help you to feel good, even at home.



2. Take Notice

Take time to look, listen, smell and touch.

Look out for things that make you feel happy and safe.

Take time to appreciate and slow down and enjoy.

Listening to the birds singing.



3. Learn

Learning can be fun and improve your confidence.

Sign up for a course or new group.

Try something new and have something in your diary to look forward to.

Try to do an activity that you have never done before.



4. Give

Giving to others is rewarding.

A smile can make you and others feel better.

Being kind can help to boost your mood.



5. Connect

Spend time with others, it can help your wellbeing.

Chat over a cuppa.

Phone a friend or talk to someone you trust can help you to feel less lonely.

Join a choir, drama or other social group.

These small changes can help you to feel happier and have a brighter day.

Give it a try 😊