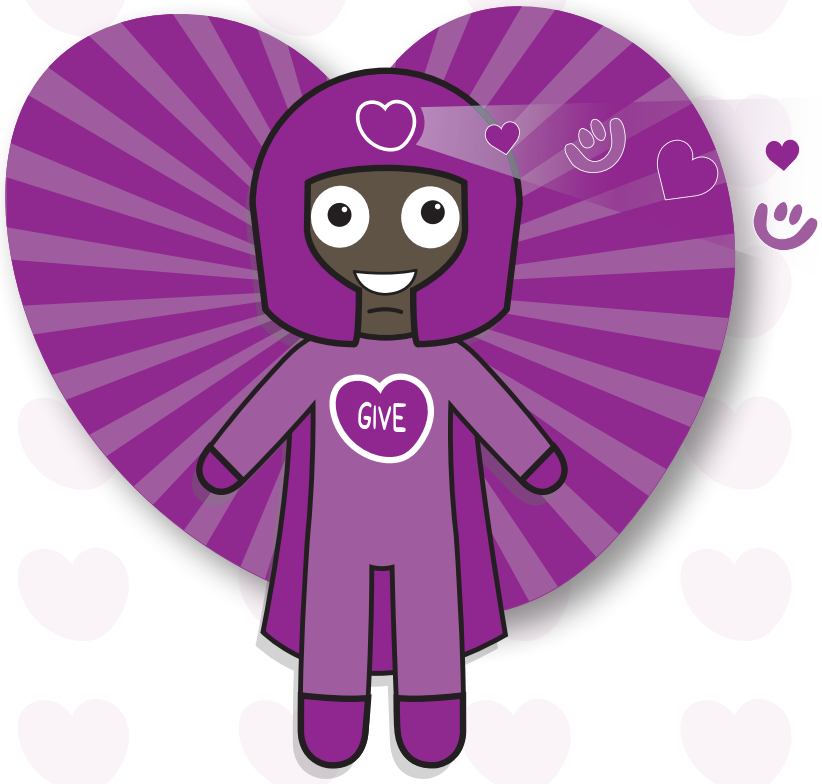
5 ways to... wellbeing

FOUR GIVE



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

Giving to other people makes everyone feel special but it doesn't have to mean giving someone a present on their birthday.

Why not try some of these...

- Smile and say thank you
- Make a homemade present or card for no reason
- Hold a door open for someone
- Give someone you love a hug
- Send your old toys to a charity shop
- Share with others
- Help around the house - wash the dishes or do some dusting
- Listen to someone else and how they are feeling

What ideas can you think of to...

GIVE

Find out more about the Five Ways to Wellbeing at:

derbyshire.gov.uk/fiveways

DERBYSHIRE County Council