

Connect...

Connect with friends and family. Invest time in developing these relationships. Building these connections will support and enrich you everyday.



Be active...

Go for a walk or run. Exercising makes you feel good. Step outside. Cycle. Dance. Discover a physical activity you enjoy.

Take notice...

Be curious. Notice the changing seasons. Be aware of the world around you. Savour the moment. Enjoy the here and now.



Keep learning...

Find a course. Try something new. Learn to play an instrument or learn to cook. Set a challenge.

Give...

A smile, a hug. Do something nice for a friend or a stranger. Be generous. Say thank you. Volunteer your time.



Bedford Borough Council and
Central Bedfordshire Council
working together



5 Ways to Wellbeing



Bedfordshire

Clinical Commissioning Group