



FIVE WAYS TO WELL-BEING

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Be active and step outside. Go for a walk or run. Cycle. Play a game. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice by being curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters most.



Keep learning by trying something new or rediscovering an old interest. Sign up for that course. Take on different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give to others and yourself. Do something nice for a friend, or a stranger. Thank someone. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.



LONDON

150 Minorities,
London,
England
EC3N 1LS

info@
t4seducation.com

020 8176 0070

MANCHESTER

The Quays Digital
World Centre,
Salford,
Manchester,
England,
M50 3UB

manchester@
t4seducation.com

0161 6762 886

BIRMINGHAM

1st Floor,
40 St Pauls Square,
Birmingham,
England,
B3 1FQ

birmingham@
t4seducation.com

0121 817 0400

KENT

12 Magazine B,
Ordnance Yard Road,
Upnor,
Rochester,
England,
ME2 4UY

kent@
t4seducation.com

01843 264 560

CARDIFF

18 Windsor Place,
Cardiff,
Wales,
CF10 3BY

cardiff@
t4seducation.com

029 2160 2662

STEVENAGE

Co-Space,
25 Town Square
Stevenage,
Hertfordshire,
SG1 1BP

stevenage@
t4seducation.com

01494 341 204