



# Wellbeing

## 1. LEARNING

Wellbeing is about trying to create a balanced and better way of living everyday. Remember that wellbeing comes from your inner sense of peace and life satisfaction regardless of struggles and circumstances.

## 2. BENEFITS

De-stress often by spending time with supportive friends/family which can help lead to:

- ✓ A calmer you
- ✓ Harmonious family interactions
- ✓ Relaxed home atmosphere

## 3. ACTION

1

### Be connected

Be in tune with your personal senses

2

### Be active

Activities to stimulate the mind, body & soul

3

### Be a giver

Do for others without gain

4

### Be a learner

Take on new challenges without fear

5

### Be mindful

Appreciate the smaller things in life