

ways to

wellbeing

Studies from around the world show that you can improve your wellbeing and happiness by doing five simple things as part of your day.

They help you cope with stress and help you live a longer, happier and healthier life.

Here are some ideas to get you started:

3



Keep Learning

Try something new or rediscover a past interest. Learn to sew, read a new book, listen to a radio program or take on a new role at work. Learn to play a musical instrument or do a computer course. Learning can be fun. It can give you a sense of achievement and build your confidence.

1



Social Connections Matter

Connect with people around you; with family, friends, neighbours or people you meet, at work, school or at the shops. Think of these social connections as important in your life and spend time developing them. Building these relationships will support and strengthen you every day.

4



Be Aware

Be aware of the world around you; notice the changing seasons and the beautiful sights, smells and sounds as you do your daily activities. Notice how you feel. Try this as you walk, eat lunch or wait for a train. Being aware of the 'here and now' can help you feel calm and reduce stress.

2



Be Active

Keep your mind and body active. Step outside your house or go for a walk or run. Play a sport, dance, ride a bike or do some gardening. Find something you enjoy and do it regularly. Exercising makes you feel good and helps to clear your mind.

5



Help Others

Do something kind for a friend or stranger. Thank someone, smile or say hello. Give your time to a community group or help a neighbour. Helping others can give you a sense of purpose and belonging, build friendships and make your community a better place.



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To find out more about social connections visit icare.nsw.gov.au/socialconnectionsmatter

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