

Take5

for your emotional wellbeing



**Making life better,
together**
Belfast Strategic Partnership

GIVE



BE ACTIVE



CONNECT



KEEP LEARNING



TAKE NOTICE



You know when you're sweet and you know when you're not. Sometimes we all need a little 'pick me up'- things that will help you when you're not feeling yourself. They're simple to do so give them a go!

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Connect

Take time out and have a chat with someone you're close to. Be brave. Be open. It's OK to ask for help.



Be active

Go for it! Get moving! Jump, dance, run or kick a ball! Do something every day that makes you feel good!



Take notice

Savour the moment - enjoy it, live it. If your world seems grey then colour it in.



Keep learning

Try new things and challenge yourself. Do what you love and explore your talents - you never know what you'll be great at!



Give

Helping others can help you too - take part in your community, do something nice for your friends or volunteer. Making these connections will help make you happy.

The 5 ways to wellbeing were developed by the New Economics Foundation

www.makinglifebettertogether.com