




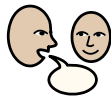

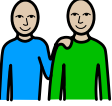




 5 ways to wellbeing summer challenge










 Look after your wellbeing this summer!







 Connect - stay in touch with friends and family





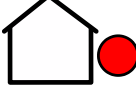





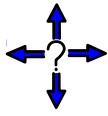

 Be active - for example, go for a walk or cycle






 Keep learning - try a new hobby

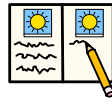



 Give - help another person







 Take notice - go outside and enjoy nature



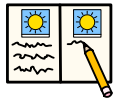
5 ways to wellbeing



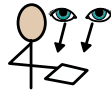
diary



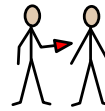
Fill in the diary to show



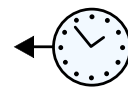
to



something



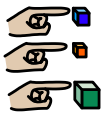
you



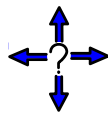
have



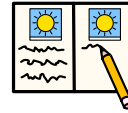
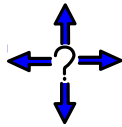
done



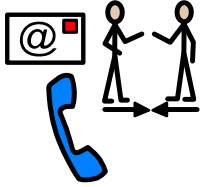
for each of the 5



ways.



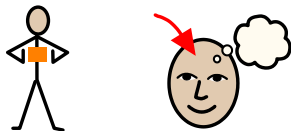
5 ways to wellbeing summer diary



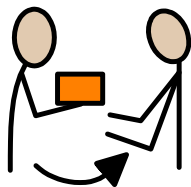
Connect



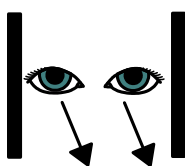
Be active



Keep learning



Give



Take notice