

# WELL-BEING



## Five Ways to Improve Well-being

1

### Take Notice

Taking time for yourself and taking notice of the simple things that bring you joy can help you feel more relaxed. Pay attention to your thoughts, feelings and the world around you.

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### Build Positive Relationships

Connect with people around you—at home, work, school and in your neighborhood and local community. Building relationships with others will support you and enrich your life.

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3

### Keep Learning

Try something new. Learning a new skill or accomplishing a challenge can help build your confidence and improve your mental health.

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### Give

Performing acts of kindness and generosity—small or large—can increase happiness, life satisfaction and your general sense of well-being.

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### Be Active

Simply moving your body has many benefits—both physical and mental. Being physically active helps prevent disease and sickness, improves mood, decreases stress, helps you concentrate and sleep better.