

Pum Ffordd at Les Gwent



Gwent Five Ways to Well-being

Five simple ways to feel healthier and happier

connect - how?

- ♥ Show an interest in friends, colleagues and neighbours lives
- ♥ Have lunch with colleagues and friends
- ♥ Stay in touch with people it's difficult to see regularly with phone calls, texts and emails
- ♥ Say hello to your neighbour
- ♥ Talk face-to-face with your colleagues whenever possible instead of emailing or phoning them
- ♥ Ask people how they are
- ♥ Sit down as a family at the end of the day to eat dinner
- ♥ Smile at people (+ 😊)
- ♥ Take some time to write a letter to someone special in your life who lives far away (+ 😊)
- ♥ Play a board-game with family or friends
- ♥ Arrange to meet up with an old friend you haven't seen for a while
- ♥ Chat to the people in your local shop when you pop in to buy something

How else could you Connect...?

For more information and tips on how to look after your wellbeing visit www.publichealthwales.org/gwentfiveways

connect be active take notice keep learning give



connect

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich your every day.