

Pum Ffordd at **Les Gwent**



Gwent Five Ways to **Well-being**

cysylltu

Cysylltu â'r bobl o'ch amgylch. Â theulu, ffrindiau, cydweithwyr a chymdogion. Gartref, yn y gwaith, yn yr ysgol neu yn eich cymuned leol. Meddwl am y rhain fel congffeini eich bywyd a rhoi o'ch amser i'w datblygu. Bydd meithrin y cysylltiadau hyn yn cefnogi ac yn cyfoethogi eich bywyd bob dydd.

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.

cysylltu bod yn fywiog bod yn sylwgar dal ati i ddysgu rhoi

connect be active take notice keep learning give

Pum ffordd syml i deimlo'n iachach a hapusach **Five simple ways to feel healthier and happier**

Fy nodau ar gyfer cysylltu yw... **My goals for connecting are...**

Beth ydw i'n mynd i'w wneud? What am I going to do?

Pryd ydw i'n mynd i'w wneud? When am I going to do it?

Ble ydw i'n mynd i'w wneud? Where am I going to do it?