


Pum Ffordd at Les Gwent



Gwent Five Ways to Well-being

Five simple ways to feel healthier and happier

give - how?

-  Give compliments (+ )
-  Let someone in in a traffic queue
-  Offer to make the tea or coffee at work
-  Offer support and advice to someone who needs it (+ )
-  Get a birdfeeder for the winter months
-  Help out with a local community group (+  )
-  If you have any spare time, just a couple of hours of volunteering a week can really make a difference (+  )
-  Bring in some biscuits/sweets for your team at work for you all to enjoy together (+ )
-  Give your unwanted clothes (or presents) to a charity shop
-  Become a blood donor
-  Help someone with their bags on a train
-  Cut your garden flowers and share them with your neighbours, or colleagues
-  Help an elderly neighbour or relative in cold weather and take them basic provisions so they don't risk falling when it is icy (+ )

How else could you Give...?

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



give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.