

Pum Ffordd at **Les Gwent**



Gwent Five Ways to **Well-being**

rhoi

Gwneud rhywbeth dymunol i ffrind, neu ddieithryn. Diolch i rywun. Gwenu. Gwirfoddoli eich amser. Ymuno â grŵp cymunedol. Edrych tuag allan, yn ogystal ag i mewn. Gall gweld y cysylltiad rhyngoch chi eich hun, a'ch hapusrwydd, a'r gymuned ehangach ddwyn boddhad mawr a chreu cysylltiadau â'r bobl o'ch amgylch.

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.

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 rhoi yw... My goals for giving 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?