

Pum Ffordd at Les Gwent



Gwent Five Ways to Well-being

Five simple ways to feel healthier and happier

keep learning - how?

-  Learn how to cook something new
-  Learn relaxation techniques (+ )
-  Go to a new exercise class (+  )
-  Help your child with homework and learn something new from them! (+ )
-  Brush up on your IT skills
-  Say yes to more things
-  Access education opportunities through your local authority or community centre
-  Listen to a new radio station
-  Pay attention to the media we're surrounded with and try to remember one thing a day (+ )
-  Think about the things you used to enjoy when you were younger and do them again
-  Do a crossword or puzzle in the newspaper with someone and have fun at the same time (+ )
-  Do a weekend course in something you have always fancied learning
-  Take up playing an instrument, or brush the cobwebs off an old instrument

How else could you Keep Learning...?

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



keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.