

Pum Ffordd at Les Gwent



Gwent Five Ways to **Well-being**

dal ati i ddysgu

Rhoi cynnig ar rywbeth newydd. Ailgydio mewn hen ddiddordeb. Cofrestru ar y cwrs hwnnw. Cymryd cyfrifoldeb gwahanol yn y gwaith. Trwsio beic. Dysgu canu offeryn neu sut i goginio eich hoff fwyd. Gosod her y byddwch yn mwynhau ei chyflawni. Bydd dysgu pethau newydd yn hwyl ac yn rhoi hwb i'ch hyder.

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.

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 dysgu yw... My goals for learning 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?