

















Pum Ffordd at Les Gwent



Gwent Five Ways to Well-being

Five simple ways to feel healthier and happier

take notice - how?

-  Start a gratitude diary (take 5 minutes a day to write down a few things or people in your life that you are grateful for)
-  Turn the TV off when eating dinner and enjoy what you're eating, noticing every mouthful
-  Keep a diary. Reflect on good experiences
-  Visit a museum or art gallery (+ )
-  Visit a place you have not been before
-  In a queue (in shops and traffic) use the time to relax and notice the world around you
-  Be aware of your senses – smell, touch, taste, sight and feel
-  Notice your breathing
-  Make a short film on your camcorder or phone (+ )
-  Listen to your favourite music
-  Take some interesting photographs (+ )
-  Pop into your local tourist office and discover a place nearby that you've never visited
-  Pray or meditate

How else could you Take Notice...?

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



take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.