

Pum Ffordd at Les Gwent



Gwent Five Ways to Well-being



rhoi

Gwneud rhywbeth dymunol i ffrind, neu ddieithryn. Gwenu.
Creu cysylltiadau â'r bobl o'ch amgylch.

give

Do something nice for a friend, or a stranger. Smile.
Create 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