



_The Wellbeing Wheel

_How good are you at doing each of these 5 things? #Giving #Connecting #Noticing #Learning #Being active

_Imagine this Wellbeing Wheel is on the front of your bicycle. If each part of the wheel is pumped up to a different level that represents how good you are at doing each of these 5 things, the wheel might end up a bit wonky, which can make it harder for you to pedal your bike and feel well.

**Call Able Futures free on 0800 321 3137
or visit www.able-futures.co.uk**

_Five ways to wellbeing



_Connect

- _Really listen to someone who needs to talk
- _Take time to connect with yourself
- _Spend time in nature



_Give

- _Compliment someone
- _Give someone a smile
- _Give to charity
- _Send a thank you note



_Notice

- _Notice what your body needs
- _How are others feeling? Let them know you care
- _Take time to notice your senses when you drink your favourite beverage
- _Notice the seasons changing



_Be active

- _Walk for 30 mins a day
- _Take the stairs
- _Dance around your home
- _Learn to hula hoop



_Learn

- _Listen to a TED talk
- _Learn a new recipe
- _Try a new hobby
- _Learn a new word a day

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