

5 Ways to Personal Well-being

CLEAN

Connect

Maintain contact and make time to be with family, friends, colleagues, and neighbours. Connect with others at home or work and in your local community.

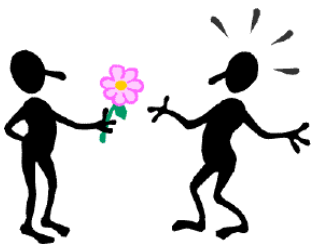


Learn

Try something new. Set yourself a challenge. Seek out an evening or daytime course. Take up a new (or old) hobby, learn to play an instrument, learn a new language or skill. Be creative!

Exercise

Be active. Get some physical exercise. Get outside! Walk, run, cycle, swim, play, work out, garden or dance.



Acts of Kindness

Give. Do something nice for a friend or a stranger. Say thank you or just smile at others. Do some voluntary work or join a community group.

Notice

Be curious. Become aware and take notice of your environment. Catch sight of the beautiful, savour the moment.



*Based on Nic Marks: The Happiness Manifesto. 2011. TED Conferences LLC, New York.
Available as digital e-book, downloadable from Amazon, iBookstore and Nook, or contact via
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