

# 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.

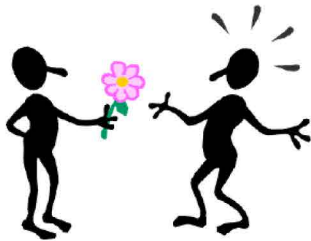


### Learn

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.  
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*Adapted by Carol Vivyan 2012*