

Make sure you're physically and mentally fit to work with the five ways to wellbeing

1



CONNECT

Connect with people. Good relationships are important to your wellbeing.

2



BE ACTIVE

Getting active can really benefit our mental health.

3



TAKE NOTICE

Be present in the moment.

4



KEEP LEARNING

Learning new skills can improve your mental health.

5



GIVE TO OTHERS

Acts of kindness can also help.



← Scan the QR code and watch the video for the full scenario