

5 Ways to Wellbeing

Small, meaningful actions – not pressure or perfection.



You can choose one or two that feel helpful and adapt them to your energy levels.

1. Connect

Connecting with others can make a big difference.

- Talk with family, friends, or carers
- Join a support group or community activity
- Share how you're feeling – you don't have to cope alone

2. Be Active

Gentle movement can support both physical and mental health.

- Choose activities that feel manageable, such as walking, stretching, swimming, or gardening
- Move at your own pace – even small amounts count
- Being active can help reduce fatigue, improve mood, and build confidence



3. Take Notice

Taking notice means being present in the moment.

- Pause to notice your surroundings, thoughts, or feelings
- Try mindful breathing or relaxation
- Enjoy small moments, such as a warm drink or fresh air

Small steps still matter

4. Keep Learning

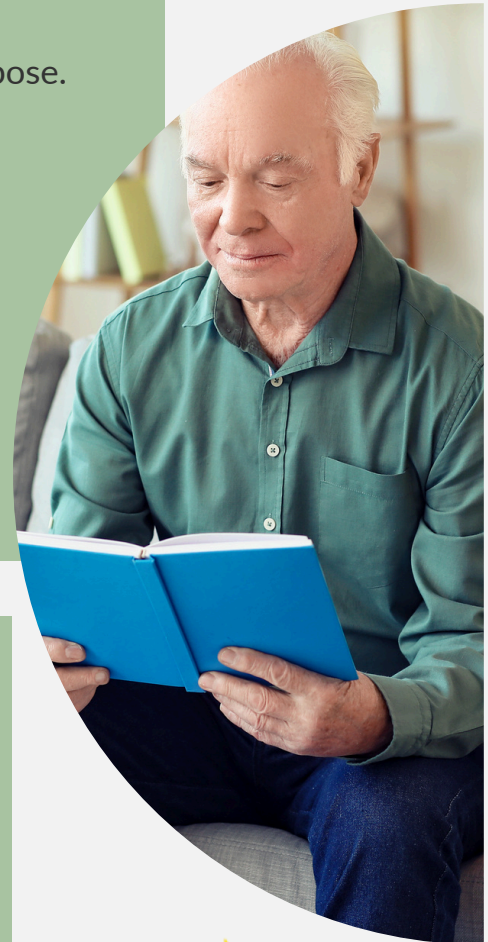
Learning new things can boost confidence and give a sense of purpose.

- Try a new hobby or gentle activity
- Learn something creative, practical, or relaxing
- Discover what helps you feel better

5. Give

Giving can improve wellbeing for both you and others.

- Offer your time, kindness, or support when you feel able
- Share experiences or encouragement
- Be kind to yourself – self-care is a form of giving



Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

✉ Email: icanlivelife1@gmail.com

📱 Social: @icanlivelife

You are not alone. Support is available.