



# 5 Ways to Wellbeing

## 1. Connect

Building connections with family, friends, colleagues or neighbours can support and enrich you every day. Encourage them to join you on a Daily Mile, and make your run/jog/wheel/walk more fun and enjoyable.

## 2. Keep learning

Trying or learning something new or visiting somewhere new can increase your confidence and your self-esteem, as well as being fun. Running/jogging/wheeling/walking a Daily Mile can help you see new things where you live, and further away.

## 3. Be active

Moving makes you feel good, whatever the activity. It helps to release feel good hormones which support your overall wellbeing. Simply putting one foot in front of the other, moves you from inactive to active. A Daily Mile can give you a real feeling of achievement and satisfaction.

## 4. Give

Giving time or words to others is proven to support wellbeing. Being involved with your community and creating connections with people can be rewarding. Inviting others to run/jog/wheel/walk with you, or sharing a smile and saying hello to others will give you a positive sense of self.

## 5. Take notice

Enjoying the moment, being aware of the here and now and noticing the world around you can help you appreciate what matters. Being mindful of the present helps you to feel grounded. A Daily Mile can take you away from your daily routine and stresses. A perfect chance to switch off and enjoy the outdoors.

