

The Five Ways to Wellbeing are simple things that you can do everyday to help you feel happy.

# 5 ways to... wellbeing

Write down your ideas here and then tick them off when you've done them.



**CONNECT**

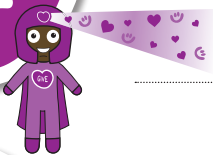


**BE ACTIVE**



**KEEP LEARNING**

**GIVE**



**TAKE NOTICE**



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Find out more about the Five Ways to Wellbeing at:  
[derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)