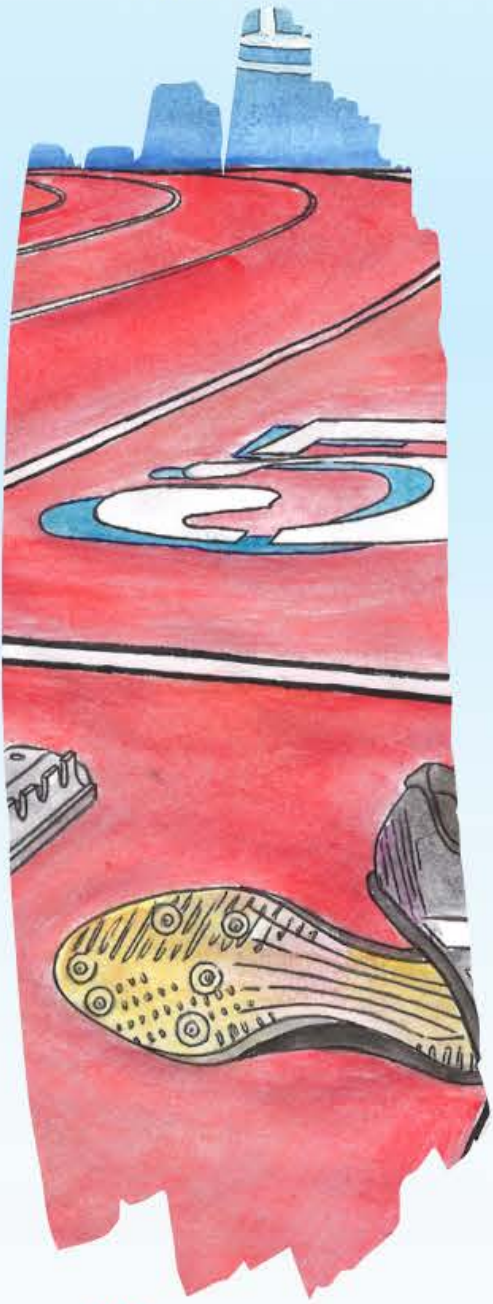


FIVE WAYS TO WELLBEING

BE ACTIVE

Improves your mood and increases your confidence to cope with difficult situations.



CONNECT

Talking to others and taking part in social activities is good for your mental health.



GIVE

It feels good to volunteer and get involved in the community.



KEEP LEARNING

Keeping your brain active in and out of the classroom helps you engage with people and the world around you.



TAKE NOTICE

Take time to stop and be aware of what is happening around you.



Do it your way

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