

What do we mean by WELLBEING? Here are some ideas to get you thinking...

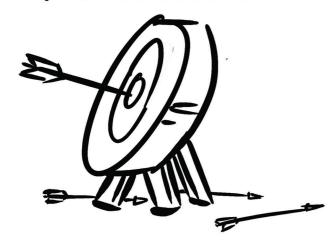
Physical health



Being kind to yourself



Motivation



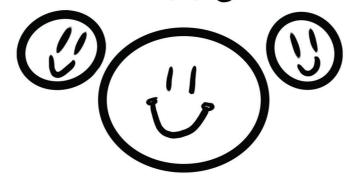
Keeping fit



Mental health



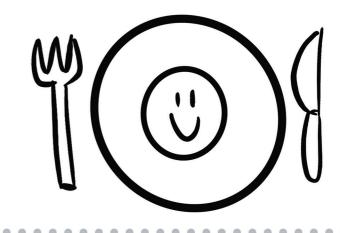
Making others happy



Having family and friends with me



Eating well



Not dwelling on negative feelings

