5 Ways to Personal Well-being

CLEAN

Connect
Maintain contact and make time to be with family, friends, colleagues, and neighbours. Connect with others at home or work and in your local community.

Learn
Try something new. Set yourself a challenge. Seek out an evening or daytime course. Take up a new (or old) hobby, learn to play an instrument, learn a new language or skill. Be creative!

Exercise
Be active. Get some physical exercise. Get outside! Walk, run, cycle, swim, play, work out, garden or dance.

Acts of Kindness
Give. Do something nice for a friend or a stranger. Say thank you or just smile at others. Do some voluntary work or join a community group.

Notice
Be curious. Become aware and take notice of your environment. Catch sight of the beautiful, savour the moment.

Based on Nic Marks: The Happiness Manifesto. 2011. TED Conferences LLC, New York. Available as digital e-book, downloadable from Amazon, iBookstore and Nook, or contact via TED.com

Adapted by Carol Vivyan 2012