

# My Wellbeing Plan

## CONNECT

What I already do:

What I could try:

## HELP OTHERS

What I already do:

What I could try:

## BE ACTIVE

What I already do:

What I could try:

## KEEP LEARNING

What I already do:

What I could try:

## BE AWARE

What I already do:

What I could try:



**CHARLES  
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# My Wellbeing Plan

## CONNECT



- **Relationships are important.**
- This includes spending time with **close friends and family.**
- Having **broader networks** in the community is also important for good health and wellbeing.

- Talking to family
- Hanging out with friends
- Chatting or studying with university peers and friends

- Playing team sports
- Walking the dog
- Jogging
- Riding your bike
- Yoga

- Being active helps keep our **body and mind** healthy and well.
- It also benefits our mood and long-term physical health.
- It can be **fun, low cost or free** - find what works for you.

## BE ACTIVE



## KEEP LEARNING



- Learning is important for all of us, **no matter our age and life stage.**
- It is important for our happiness, health and wellbeing.

- Reading a new book
- Trying a new recipe
- Learning a new song

- Pay attention and enjoy what you are doing, when you are doing it - like going for a walk, having a coffee.

- Focus on '**now**', the moment you are in and pay attention to your **thoughts and feelings.**
- Focusing on the present time and '**checking on yourself**' can shape how you feel about life and how you approach life's challenges.

## BE AWARE



## HELP OTHERS



- Research shows helping others can improve your own wellbeing (and not just those you are helping!).

- Saying hello to a stranger
- Helping a friend or neighbour
- Volunteering