My Wellbeing Plan



CONNECT

What I already do:

What I could try:



What I could try:



What I could try:

What I already do:



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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 longterm physical health.
- It can be fun, low cost or free find what works for you.

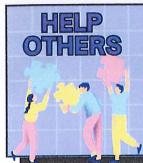




- Learning is important for all of us,
 no matter our age and life stage.
- It is important for our happiness, health and wellbeing.
- Reading a new book
- Trying a new recipe
- Learning a new song

- 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.





- 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

