

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

give

It's the little things that matter.

Helping, giving, sharing - doing something for someone else has been proven to make us feel more positive and increase our own self-worth.

Whether it's making a cup of tea for your friend or holding the door for a stranger, when you **give** you can brighten their day and yours.

www.manchester.ac.uk/sixways

connect

give

take
notice

be **active**

be **healthy**

learn and
discover