

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

connect

We're better together.

Feeling close to and valued by others is key to our happiness. Finding time to nurture your friendships and family bonds can help boost your wellbeing.

By taking the time to **connect** with the people around us, we can feel supported through the normal ups and downs of life.

www.manchester.ac.uk/sixways

connect

give

take
notice

be **active**

be **healthy**

learn and
discover