

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

take notice

Give yourself the gift of the present.

Being mindful of the moment - what's happening and how this makes us think or feel - can help us better understand ourselves.

When we give ourselves the time to **take notice** and allow ourselves to be truly present, we can discover the experiences that we value most.

www.manchester.ac.uk/sixways

connect

give

take
notice

be **active**

be **healthy**

learn and
discover