Using the Six Ways to Wellbeing at home

**connect**
Connecting with others is vital to our wellbeing. Make sure that you continue to reach out to your friends, family and coursemates online.

**give**
Helping others can increase feelings of wellbeing. You can offer to help a neighbour or a friend, or give your thanks to someone that helps you.

**take notice**
Take notice is about being in the present moment as well as taking notice of the good things, even in difficult times.

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**be active**
Even though the gyms are still many ways to keep active. Check out UoM Sport and get involved with #StayInWorkOut.

**be healthy**
Being healthy means making good health choices, establishing a useful routine and prioritising yourself.

**learn and discover**
Learning is good for our overall sense of wellbeing. Try a new recipe, watch videos on YouTube to learn new skills or read a new book that interests you.