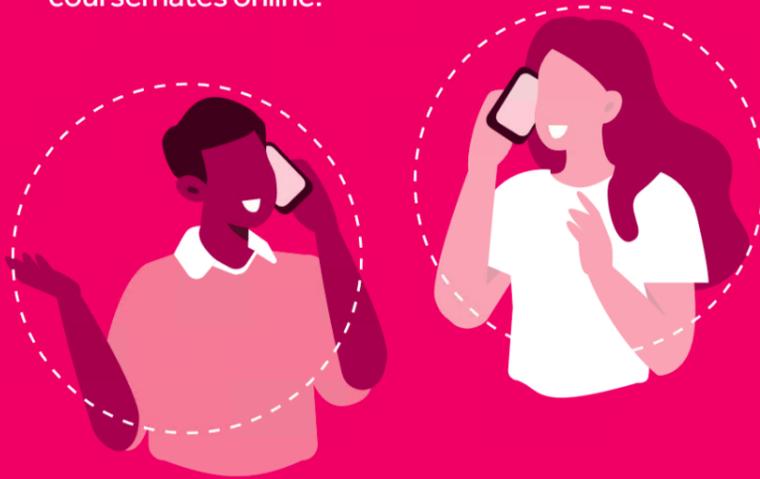


Using the Six Ways to Wellbeing at home

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.



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.

