

SIX WAYS TO WELLBEING SELF-GUIDED WALK

Wherever you are in the world, take yourself on a walk or trip in your local area and use our Six Ways to Wellbeing checklist to engage with your surroundings and give your wellbeing a well-deserved boost.

connect

- Text a friend
- Phone a family member
- Meet someone for a walk

give

- Give thanks to someone
- Move out the way for someone walking by
- Buy a takeaway coffee to support a small business

take notice

- Take a different route
- Turn off your music and listen to the sounds around you
- Focus your footsteps and the rhythm that you're walking

be active

- Try to pick up your usual pace
- Walk for twice as long

learn and discover

- Try listening to a new podcast
- Google search a plant or flower you come across

be healthy

- Wrap up warm
- Take a herbal tea with you
- Drink a big glass of water before and after your walk

