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| **Monday** | | | | | **Tuesday** | | | | | **Wednesday** | | | | | **Thursday** | | | | | **Friday** | | | | | **Saturday** | | | | | **Sunday** | | | | |
| 5 ways | | | | | 5 Ways | | | | | 5 Ways | | | | | 5 Ways | | | | | 5 Ways | | | | | 5 ways | | | | | 5 Ways | | | | |
| C | L | A | N | G | C | L | A | N | G | C | L | A | N | G | C | L | A | N | G | C | L | A | N | G | C | L | A | N | G | C | L | A | N | G |
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| MY POSITIVE FOCUS FOR THE WEEK IS- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

*5 Ways To Wellbeing Weekly Self-Care Plan Week Beginning\_\_\_\_\_\_\_\_\_\_\_\_*

A close up of a logo

Description automatically generated



***5 WAYS TO WELLBEING-*** *Evidence suggests there are 5 steps we can take to improve or wellbeing*

***Connect-*** *Connect with the people around you: your family, neighbours and friends. Spend time developing these relationships and take time to do things in your day which helps you to connect and talk with other people*

***Learn-*** *Learning new skills and information can give you a sense of achievement and new confidence. Take some time to research a subject you’re interested in, learn a new recipe or walking route, talk to others who can share their experiences or enrol on a local course*

***Active-*** *Find an activity that you enjoy and make it part of your life. This could be going for a walk, going cycling, doing exercise at home or doing anything that brings more movement into your daily life*

***Notice-*** *Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges*

***Give-*** *Even the smallest act can count, whether it’s a smile, a thank you or a kind word. Larger acts, such as volunteering in your local community, can improve mental wellbeing and help you to build new social networks*