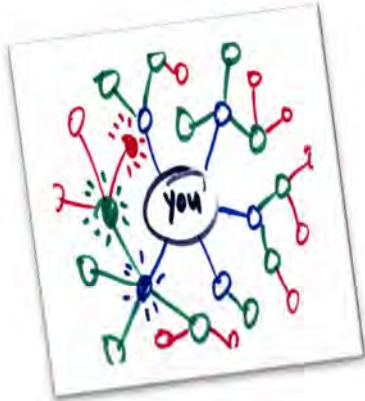


## 5 Ways to Wellbeing!

**ACTS**  
age concern  
TYNESIDE SOUTH



**First, and most important, Connect!** A 5 minute chat with a neighbour, a quick call to a friend you've not spoken to lately, will help you feel part of things.

**Second - Move!** Try to keep moving a little every day, whether that's indoors or out, seated or walking, keep moving to keep moving!



**Third - Learn!** Learning new things keeps us mentally alert. A new crossword, a TV Quiz, learning birdsongs or flower names—it all keeps the grey cells ticking!

**Fourth - Notice!** What changes from day to day, what have you seen today that you've not seen before? From skies, to trees, to people, notice what changes.



**Fifth - Give!** Taking a parcel in for a neighbour, putting a card through someone's door, calling people you think might need a bit of support - we all have a part to play to make things better all round.