Five ways to feel better.

Five simple, evidence-based actions that help people feel good and cope well.

1

Connect

With the people around you.

2

Be active

In a way you enjoy.

3

Take notice

Of the world around you.

4

Keep learning

Something new, or something old.

5

Give

Your time, a kind word or a thank you.

The Five Ways to Wellbeing were developed by the New Economics Foundation (nef) for the UK Government's Foresight project, 2008.

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