

6 STEPS TO POSITIVE WELLBEING

INTERACT...

with the people around you. Your support network will support you throughout and make you stronger.

BE ACTIVE...

doing exercise that makes you feel good on the inside and out. Discover a new hobby and enjoy every minute.

REFLECT...

on the positives. Think about the things you have achieved and the people in your life who bring you joy.

LISTEN...

to everyone. You never know what someone else is going through, support each other.

TEACH...

yourself. Embark on a new challenge, you might just surprise yourself. This will also build up your confidence and skills.

GIVE BACK...

to the people who have helped you become your best you. Never forget.





Northumberland Pride



www.northumberlandpride.org.uk