



Six Ways to Be Well

If you feel ready to make changes to each of the '6 a day', use this space to plan your actions.

Remember there's no quick fix – this takes time. Don't worry if you have a setback - you can always start again.

SMALL CHANGES
BIG
DIFFERENCE

	<p><i>Nurture</i> How could you nurture yourself more?</p>	<p><i>Be Active</i> How could you be more active on a regular basis?</p>	<p><i>Belong</i> How could you do more to connect with other people?</p>	<p><i>Be Kind</i> How could you be kind to yourself or other people?</p>	<p><i>Enjoy + Learn</i> Could you find an activity or interest that you enjoy?</p>	<p><i>Be Aware</i> How could you take more notice of the world around you?</p>
<p>Action Write down what you want to do</p>						
<p>Help? Write down any support you need</p>						