



Wellbeing Bingo

Use this Bingo Card to track how well you are engaging in the Five Ways to Wellbeing this week

	 <u>C</u> ONNECT	 <u>L</u> EARN	 <u>A</u> CTIVE	 <u>N</u> OTICE	 <u>G</u> IVE
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Well done! We hope you are benefitting from engaging in the Five Ways to Wellbeing. Keep going! If you would like to discuss your wellbeing and get a free personalised Wellbeing Plan contact Dilini to book an appointment by calling 01204 861671.

Let's Keep Bolton
Moving > > > >

ACTIVITIES | HEALTH | WELLBEING





What do the Five Ways to Wellbeing mean to you?

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



Talk to a neighbour
Try switching off the TV and play a game with a friend
Arrange to meet with a friend you haven't seen for a while
Meet others at Renew Well on Thursday afternoons



Take up a new hobby
Learn to cook something new
Consider signing up for a college course
Join a small study group at The Well (call for details)



Walk or cycle instead of driving or using a taxi
Visit the NHS Better Health Get Active Website for ideas (www.nhs.uk/better-health/get-active/)
Join The Well Walk every Wednesday at 1pm



Take notice of the bird song in a morning
Name the emotions you are feeling
Change your regular routine
Go somewhere new for lunch such as The Well Café



Thank someone for something specific
Volunteer to help at a local community group
Donate to a charity
Volunteer at The Well email church@farnworthbaptist.org.uk



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