

These are your 5 ways to wellbeing. They are simple and proven actions that individuals can introduce to help them find balance, build resilience and most importantly boost mental health and wellbeing.

High Peak has a fantastic community spirit and we would love you to share your experiences of any, or all of the above, with other members of the High Peak community. **Giving** others an opportunity to feel **Connected** to one another. We are asking you to create your very own 5 ways to wellbeing bunting.

We would love it if you could display these in your windows (at home or work) within the High Peak for other community members to get out and about being **Active** to look at your creations. Feel free to share on social media too. Who knows by **Taking Notice** this could provide the motivation that someone else needs to start thinking about their own 5 ways to wellbeing.

This is an opportunity for everyone, young and old alike. There are no special skills required, although you are free to **Learn** a new one. Creativity is encouraged. You can draw pictures/illustrations, write about them or you can share your own pictures. You can use paper (coloured or plain) and string, felt tips or crayons, you could even use material if you wanted. It really is up to you.

Do you want to **Keep** **Learning**?

Do you feel able to **Give**?

Do you feel **Connected**?

Have you **Taken** **Notice** recently?

Are you currently **Being** **Active**?

**COMMUNITY BUNTING PROJECT**