

FIVE

ways to wild wellbeing

Building these five actions into your everyday life can improve your mental and physical health.

BE
ACTIVE



TAKE
NOTICE

CONNECT

GIVE

LEARN



Illustrations by Megan Dobbyn



Five Ways to Wellbeing, is a simple and internationally recognised framework for promoting good mental health and improve happiness in our daily lives.

These are to be approached in your own way and time.

It is about making moments, not minutes.



Step outside for a walk. Explore your local paths, green spaces, parks and nature reserves. Take part in practical outdoor activities.

Take notice of the everyday wilderness on your doorstep. Notice the changing cycles of life and seasons. Engage your senses.



Connect with the people around you. Share your wildlife experiences. Build on your connection with nature and wildlife.

Let nature be your teacher. Identify plants or bird songs, try new crafts learn new skills. Discover things about nature and yourself.



Take care of nature however you can. Give your time to be in nature, share your experiences, give time to support your local nature spaces, people and causes.



Tees Valley
Wildlife Trust



Northumberland
Wildlife Trust



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