



Connect...

with the people around you. Building these connections will support and enrich you every day



Be active...

exercise makes you feel good. Discover a physical activity you enjoy and suits your level of fitness



Take notice...

remember the simple things that give you joy. Reflecting on experiences helps you appreciate what matters



Keep learning...

embrace new experiences and surprise yourself. Learning new things will improve your confidence



Give...

your time, your words, your presence. It can be incredibly rewarding and creates connections with the people around you