

OLCHS Wellbeing Awareness Week 1

14-19th October 2018



What do we mean by 'wellbeing'?



Wellbeing

Dictionary definition:

The state of being comfortable, healthy or happy







Five ways to
wellbeing

GIVE

**KEEP
LEARNING**

CONNECT

**BE
ACTIVE**

**TAKE
NOTICE**

Challenge

Can you name all 5 ways to wellbeing?

