



➤ **Connect**



➤ **Take notice**



➤ **Keep learning**



➤ **Give to others**



➤ **Get active**





➤ Connect

- Visit the Your Life Doncaster Community Directory- there's lots to get involved in
- Join your local 'friends of' group
- Check in with family and friends you might not have seen in a while
- Ask someone how they are
- Give someone your best smile



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➤ *Take notice*

- Take some time out of your day to enjoy the outdoors
- Try some mindfulness exercises
- Put aside some time to check in with yourself and how you are feeling
- Visit yourlifedoncaster.co.uk/wellbeing for advice and information



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➤ *Keep learning*

- Take part in Doncaster's Remake Learning Festival
- Visit your local library or museum
- Research your local area by visiting Doncaster Archives
- Try taking up a new hobby or skill
- Visit somewhere new



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Give to others

- Volunteer with a local community group
- Take the Choose Kindness Pledge
- Check in on your neighbour
- Organise a community litter pick
- Make a donation- you can find a list of local foodbanks on Your Life Doncaster
- Cook and share a simple meal



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"I've taken the choose kindness pledge"
#choosekindness





Get active

- Try a sport that you used to love
- Visit Get Doncaster Moving for active inspiration
- Check out your local park, there is loads on offer!
- Walk, wheel or cycle to work
- Dance around your kitchen- any type of movement can support wellness!



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