

5 Ways to Better Wellbeing

Take Part in Your 5 Ways Journey

Connect

- Arrange a catch up with a friend, colleague or family member
- Chat to some of the visitors from other Islands visiting for the Games
- Check in with yourself and how you are feeling
- Connect with things to see, hear and do in Orkney
- Watch an Island Games event with friends or family

Be Active

- Go for a walk, jog, push or cycle
- Try a new sport, class or session
- Do some gardening
- Get together with friends, family or colleagues and do an activity together
- Try an online video or class

Take Notice

- Visit the Mind On Charity Shop & take notice of their Wellbeing display
- Take notice of the scenery & nature around you
- Take notice of how you and others around you are feeling
- Take notice of the sports and events at the Island Games

Learn

- Learn about the work of Soma's Light, Orkney Blide Trust, Mind On & other local charities in Orkney
- Learn a new fact about one of the Island Games sports
- Learn something new about Orkney
- Learn about activities on offer with Orkney Islands Council

Give

- Share something you love about Orkney with visitors
- Volunteer your time to support something you care about within your community
- Give some of your time to a friend or family member and do something with them
- Give time to yourself to do an activity you love to help you look after yourself



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