

Pum Ffordd at Les Powys



Powys Five Ways to Wellbeing

Five simple ways to feel healthier and happier



Connect

- With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.
- Think of these as the cornerstones of your life and invest time in developing them.
- Building these connections will support and enrich you every day.



Be Active

- Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.
- Exercising makes you feel good. Most importantly, discover a physical activity you enjoy; one that suits your level of mobility and fitness.



Take Notice

- Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep Learning

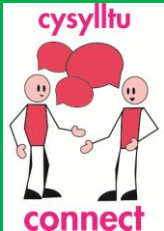



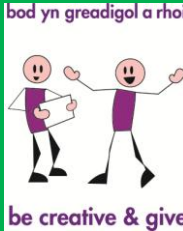
- Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food.
- Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Be Creative and Give

- Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.
- Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Map and plan activities

	 <p>cysylltu connect</p>	 <p>dal ati i ddysgu keep learning</p>	 <p>bod yn fywiog be active</p>	 <p>bod yn sylwgar take notice</p>	 <p>bod yn greadigol a rhoi be creative & give</p>
What do I already do					
What am I going to do?					
When am I going to do this and how often?					
Example	Skype my mate who has moved to America	Learn a new recipe	Go for a walk at lunchtime	Reflect on my day when I brush my teeth at night and recognise what I did well	Give compliments to close friends and family

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Adapted from Aneurin Bevan 5 Ways to Wellbeing

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Pum ffordd syml i deimlo'n iachach ac yn hapusach



- **Cysylltu...** treulio amser yn cysylltu gyda ffrindiau, teulu, cymdogion, cydweithwyr ac adeiladu ar y cysylltiadau hyn.



- **Bod yn fywiog ...** ceisiwch gymryd rhan mewn unrhyw weithgaredd corfforol sy'n rhoi mwynhad i chi ac sy'n gweddu i'ch lefel ffitrwydd a'ch gallu i symud, gan feithrin hyn fel rhan o'ch trefnau rheolaidd.



- **Bod yn sylwgar...** Ceisiwch fod yn ymwybodol o'ch amgylchedd a'ch teimladau, gan bwysu a mesur y presennol.

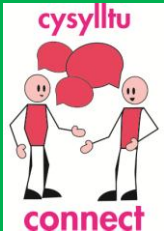



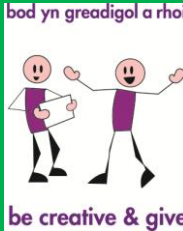


- **Dal ati i ddysgu...** Rhowch dro ar rywbeth newydd, gall eich gwneud yn fwy hyderus yn ogystal â bod yn hwyl.



- **Bod yn Greadigol a Rhoi...** gwnewch rywbeth i eraill, dywedwch ddiolch wrth rhywun, cysylltwch â'ch cymuned ehangach

Mapio a chynllunio Gweithgareddau

	 <p>cysylltu connect</p>	 <p>dal ati i ddysgu keep learning</p>	 <p>bod yn fywiog be active</p>	 <p>bod yn sylwgar take notice</p>	 <p>bod yn greadigol a rhoi be creative & give</p>
Beth ydw i'n ei wneud eisoes?					
Beth ydw i'n mynd i'w wneud?					
Pryd ydw i'n mynd i wneud hyn a pha mor aml?					
Enghraifft	Cysylltu â fy ffrind sydd wedi ymfudo i America drwy Skype	Dysgu rysâit newydd	Mynd am dro amser cinio	Myfyrio ar fy niwrnod pan fydda i'n brwsio fy nannedd fin nos a nodi'r hyn y gwnes i'n dda	Rhoi canmoliaeth i ffrindiau agos a theulu

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