



Five Ways to Wellbeing

What brought you to Kuala Lumpur?

What did you feel were the opportunities or gains?

What are the challenges that face you as a global family?

What did you feel were the difficulties or losses?

Five Ways to Wellbeing



keep learning

try something new, rediscover an old interest, explore, sign up for a course, learn a language, cook a new cuisine, play an instrument, set yourself a challenge.

Reflections for myself and my family



move

Be active, walk or run, get outside and do something active, cycle, play sport, garden, gym or class, dance!

Reflections for myself and my family



take notice

Catch sight of the beautiful, be curious, remark on the unusual – people, place, architecture, nature, weather, food, notice your feelings, savour the moment, be aware of the world around you.

Reflections for myself and my family



connect

with family, friends, colleagues, neighbours, community around you, invest time with people.

Reflections for myself and my family



give

Of your time, your energy, your smile, do something nice for a friend or a stranger, thank someone, volunteer, join a group and contribute, look out as well as in.

Reflections for myself and my family



Five Ways to Wellbeing

What can I consciously do differently to enhance my wellbeing?

Reflections for myself and my family

What are the challenges that face you as a global family?

What did you feel were the difficulties or losses?