






# STEP 1 – WHAT YOU DO FOR YOUR WELL-BEING



Now we've got an understanding of the elements of our lives that contribute to our well-being, let's have a think about what we do already and where we might need to add some...

Below is a table with 5 columns for each of The Arthur Ellis Five a Day. Have a think about what things you already do or have in your life that could fall into each one. This can also be used to outline what you do as a family within the areas too!

 <b>MOVE</b>	 <b>FOCUS</b>	 <b>DISCOVER</b>	 <b>COMMUNICATE</b>	 <b>HELP</b>
Walking my dog  Yoga  Weights  Running  Cycling	Meditation  Walking without phone  Journaling  Daily Reflection	Understanding a new area of my job  Learn a new word every day  Learn a new language  Learning from different situations	Catching up with a friend I haven't spoken to recently  Setting up regular family video calls  Have dinner with my partner without the TV on.	Donating to a cause  Offer to go shopping for a neighbour  Help teach someone something they need help with

If you need extra ideas or need some more motivation...follow us on social media where we share low, medium and high effort bananas for you to try!



@ArthurEllisMHS

# STEP 1 – BUILD YOUR SHOPPING LIST



MOVE



FOCUS



DISCOVER



COMMUNICATE



HELP

MOVE	FOCUS	DISCOVER	COMMUNICATE	HELP

**TIP!**

If there's more than one of you at home, why not share your activities, whole family activities and activities your partner does in different colours!