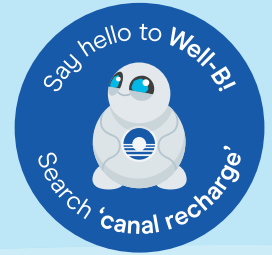




**Canal &  
River Trust**

Making life better by water



# The five ways to wellbeing

Use your local canal or river to improve how you feel

## Connect

Talk to your friends and family, or try speaking to someone new.

## Be active

Stretch, walk or run. Get your body moving to give yourself a boost.

## Learn

Learn a new skill or find out something new about a subject that interests you.

## Take notice

Enjoy the moment and appreciate the little things around you.

## Give

Help others through small acts of kindness, or volunteer for causes you care about.

