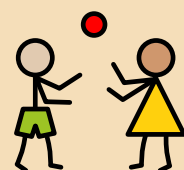
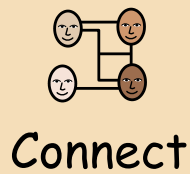
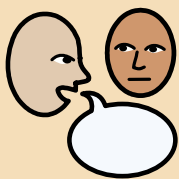
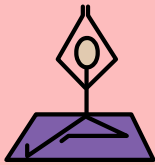


## 5 Ways to Wellbeing

The 5 ways to wellbeing are 5 steps that you can take to improve your mental health.





Keep Learning



Take Notice



Give

