

Fleetwood Wellbeing Way

Follow our  trail for monthly challenges



A wellbeing trail along Fleetwood’s beautiful promenade which runs between The Log Cabin and the old Pier site. A 2km route with posters in BUS STOP casings which have monthly wellbeing tips and challenges and social media pages on Facebook and Instagram with fortnightly wellbeing tips and challenges.

What do you do to look after your mental and physical wellbeing and help keep a positive mindset?

- **How do you CONNECT TO OTHERS – whether to yourself, others or the world around you?**

- **How do you BE ACTIVE?**

- **How do you KEEP LEARNING?**

- **How do you TAKE NOTICE?**

- **How do you GIVE TO OTHERS?**

Feeling close to and valued by others contributes to us all functioning well in the world.

Regular physical activity has health benefits and is associated with lowering rates of depression and anxiety across all ages.

Continued learning through life enhances self-esteem and encourages social interaction.

Being in the present can directly enhance your wellbeing.

• Taking part in community life or committing small acts of kindness can increase your own wellbeing/sense of happiness.

By sharing what works for you, we can add **YOUR tips & tools to future posters to help **OTHERS** to build their resilience, boost wellbeing & improve their mental & physical health. Together we are helping to build a healthier, supportive, and caring community.**

Email us @ FleetwoodWellbeingWay@gmail.com



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