**Make time Warrington**

**When was the last time... you laughed until you cried?**

Being active isn’t all about looking good, it helps us feel good too. Something as simple as going outside for a walk can make a positive difference to our mood. Discovering something you really like doing is the most important bit.

*When will the next time be?*

**When was the last time... you got up and out?**

Spending time with the people around us – be it friends, neighbours or family – improves our sense of belonging and makes us feel good. Chances are the last time you had a really good belly laugh it was with somebody else.

*When will the next time be?*

**When was the last time... you noticed things around you?**

It’s never too late to learn a new skill or take on a new challenge – like trying a new recipe, learning an instrument or taking that computer course. Doing it will make us feel proud. Some of your best memories might be thanks to a time when you decided to give something a go.

*When will the next time be?*

**When was the last time... you made someone smile?**

However we do it, doing something for someone else gives us a lift. Helping a friend or stranger could make their day. Just giving a smile might be enough. And that simple act of kindness can go a long way to making you feel good too.

*When will the next time be?*

These are the Five Ways to Wellbeing. Why not share how you’ve achieved one of your five ways. Take a snap of you, your friends, your family or even your pets, then upload it to social media with #maketimewarrington. To find out more about the Five Ways to Wellbeing visit [www.make-time.org](http://www.make-time.org)