Five Ways to Wellbeing

Learn Happy .org.uk

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Kindness is a win win behaviour. It feels good when someone is kind to us and it feels good when we know we have had that effect on someone.

Paying a compliment is a simple way of showing observational kindness. Choose a compliment from below to give to someone.

Visit www.learnhappy.org.uk/workplace-wellbeing for further resources.

You have a wonderful smile

Your hair looks great

Your outfit really suits you

That is a great colour on you

Your laugh makes me feel happy

You have a lovely tone to your voice

You smell good

You have lovely eyes

You have such a warm smile

I like how you've styled your hair