



Give

YOUR TIME,
YOUR WORDS,
YOUR PRESENCE



BE
ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



KEEP
LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED



TAKE
NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

WINNING WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



Project Burans

working with communities for mental health in Uttarabund

