



**FEEL MORE**

**‘yourself’,**

**‘balanced’,**

**‘calm’,**

**‘focused’,**

**‘clear’,**

**AGAIN**

**WALK, RUN, CYCLE,  
COOK, LISTEN, PLAY, TALK,  
GO OUT, HELP OUT...**

**FIND WHAT WORKS FOR YOU**

**CHESHIREEAST.GOV.UK/LIVWELL**