

## Good wellbeing in isolation

|                                |  |
|--------------------------------|--|
| <p><b>BELONG manifesto</b></p> | <p>We can look at the BELONG manifesto to help us feel good about ourselves.</p>   |
|                                | <p>The BELONG manifesto was launched by Beyond Words and Access All Areas.</p>   |
|                                | <p>It can help communities be inclusive and has six ways we can be sure of feeling good about ourselves and our friends.</p> |
|                                | <p>Have a look at the BELONG manifesto on the next page.</p>   |
|                                | <p>What will you do to feel good this week?</p>  |

# BELONG manifesto



**B**

Be active and healthy - like eating well, dancing, swimming and joining in.



**E**

Enjoy our friends and family and show them we care.



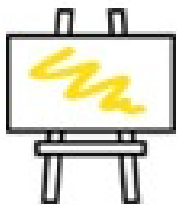
**L**

Love ourselves and welcome the love and support of others. And if things go wrong say yes to help.



**O**

Ordinary things - like choosing where we live and what we do and share.



**N**

New things to make our lives more interesting - like drama, drawing, singing and sharing stories - with the support we need.



**G**

Give something nice - like our time, our work or a hug everyday.