

Pum Ffordd at Les



Five Ways to Wellbeing

Pum ffordd syml i deimlo'n iachach a hapusach

Cysylltu â'r bobl o'ch amgylch – teulu, ffrindiau, cydweithwyr a chymdogion. Cyfarfod. Ymuno. Gwranddo.



cysylltu
connect

Find ways of connecting with the people around you – family, friends, colleagues and neighbours. Meet up. Join in. Listen.

Mynd am dro neu i redeg, beicio, chwarae gêm, dawnsio, garddio. Dod o hyd i weithgarwch corfforol rydych yn ei fwynhau.



bod yn fywiog
be active

Go for a walk or run, cycle, play a game, dance, do some gardening. Choose something to do that you enjoy.

Bod yn chwilfrydig, sylwi ar y tymorau'n newid. Bod yn ymwybodol o'r byd o'ch amgylch a'ch teimladau.



bod yn sylwgar
take notice

Be curious, notice the changing seasons. Be aware of the world around you and what you are feeling.

Rhoi cynnig ar rywbeth newydd. Ailgydio mewn hen ddiddordeb. Cofrestru am gwrs. Dysgu canu offeryn neu sut i goginio eich hoff fwyd.



dal ati i ddysgu
keep learning

Try something new. Rediscover an old interest. Sign up for a course. Learn to play an instrument or how to cook your favourite food.

Gwneud rhywbeth dymunol i ffrind. Diolch i rywun. Rhoi gwên.



rhoi
give

Do a favour for a friend. Thank someone. Offer a smile.

Five simple ways to feel healthier and happier