

**TAKE NOTICE**  
**ME ARO**  
**TONU**



**GIVE**  
**TUKUA**



**BE ACTIVE**  
**ME KORI**  
**TONU**



**CONNECT**  
**ME**  
**WHAKAWHANAUNGA**



**KEEP**  
**LEARNING**  
**ME AKO**  
**TONU**



Kia ora,

This Mental Health Awareness Week (MHAW) we're focusing on the ***Five Ways to Wellbeing*** to give us a set of proven tools to boost our mental health when we need it. These practices are backed by evidence and can be easily incorporated into anyone's life, regardless of their situation.

MHAW is an important reminder that we all go through ups and downs in life and that's okay. There are simple things we can all do to help us cope when things feel tough.

Introduce the Five Ways into your life this week to feel the benefits they can bring. **Whakatōkia ngā rautaki māmā nei ki tō ao kia rongō ai koe i ngā painga.**

For inspiration and activity ideas to help bring MHAW to life in your workplace, school or home, check out our MHAW Guide and more at [mhaw.nz](http://mhaw.nz).

**MHAW** 20  
23

**Mental Health  
Awareness Week**

[mhaw.nz](http://mhaw.nz)  
18–24 Sept

**Te Whatu Ora**  
Health New Zealand

 **Mental Health Foundation**  
*mauri tū, mauri ora* OF NEW ZEALAND