

**MHAW** 20  
23  
Mental Health  
Awareness Week

Five Ways,  
Five Days.  
Ngā ara e rima.

The **Five Ways to Wellbeing** are a set of proven tools to boost our mental health when we need it. Put the Five Ways into practice this Mental Health Awareness Week and begin to feel the benefits.

mhaw.nz  
18–24 Sept



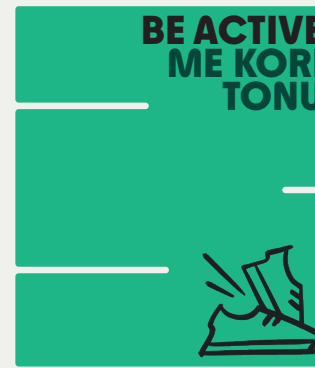
Tune in to the simple things that bring you joy.

Me aro tonu ki ngā mea māmā noa, i ngākau harikoa ai koe.



Your time, your words, your presence.

Te wā ki a koe, ō kupu, ko koe tonu.



Do what you can, enjoy what you do, move your mood.

Whāia te mea ka taea e koe, kia pārekareka tāu i whai ai, kia pai ake ō piropiro.



Talk and listen, be there, feel connected.

Me kōrero, me whakarongo, me whakawātea i a koe, me rongoi i te whanaungatanga.



Embrace new experiences, see opportunities, surprise yourself.

Awhitia te wheako hou. Kimihia ngā ara hou, me ohore koe i a koe anō.

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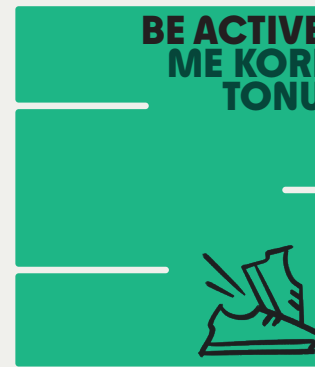
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Whakatōkia ngā rautaki māmā nei ki tō ao kia rongō ai koe i ngā painga.

For more ways to bring MHAW to life in your workplace, school or home, head to **mhaw.nz**. Find further information about using the Five Ways to Wellbeing at **mentalhealth.org.nz**.

Mental Health Foundation  
mauri tā, mauri ora

Te Whatu Ora  
Health New Zealand



**TAKE NOTICE  
ME ARO TONU**

Ideas to help you **take notice**:

- Write down three things you are grateful for
- Head out for a mindful hīkoi/walk
- Sign out of social media for a few hours



**GIVE  
TUKUA**



Ideas to help you **give** to others:

- Bake some morning tea for your hoamahi/colleagues
- Write someone a thoughtful letter telling them what you appreciate about them
- Join a community clean-up day

**BE ACTIVE  
ME KORI TONU**

Ideas to help you **be active**:

- Go for a hīkoi up your local maunga/mountain
- Have an impromptu kanikani/dance party with your whānau
- Work up a sweat by planting something new in your māra/garden



**CONNECT  
ME  
WHAKAWHANAUNGA**



Ideas to help you **connect** with others:

- Reach out to someone you haven't seen in a while – send them a message, have a kōrero, or catch up in person
- Organise a potluck dinner with your whānau, friends or hoamahi
- Have a whānau WIFI, TV and phone free evening and bring out the old board games

**KEEP LEARNING  
ME AKO TONU**

Ideas to help you **keep learning**:

- Look up a new recipe and have a go at making it
- Put up post-it notes of kupu hou/new words around your whare or workplace to help you learn Te Reo Māori
- Join a class and learn a new skill



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