

FIVE WAYS TO WELLBEING

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Give

Your time,
your words,
your presence

TAKE
NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF

**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

**INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.**



FIVE WAYS TO WELLBEING

CONNECT GIVE TAKE NOTICE LEARN BE ACTIVE

Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui.

Persist in the battle and journey for wellbeing, it is a treasure handed down from the heavens, then comes confidence and peace.

CONNECT TO THE MENTAL HEALTH FOUNDATION



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<http://www.youtube.com/mhfnz>



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