

CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

GIVE

YOUR TIME, YOUR WORDS, YOUR PRESENCE

BE ACTIVE

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

5 WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

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

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz