



**CONNECT**

NO MAN IS AN ISLAND.  
WE'RE STRONGER TOGETHER

**BE  
ACTIVE**

GET INTO GEAR.  
MOVE YOUR MOOD.

**KEEP  
LEARNING**

EXPLORE NEW IDEAS  
SHARPEN YOUR SKILLS

**TAKE  
NOTICE**

APPRECIATE THE LITTLE THINGS  
SAVOUR THE MOMENT

**GIVE**

IT'S NOT ABOUT MONEY  
IT JUST FEELS GOOD

Introduce some of these simple things into your daily life and you will begin to see the benefits to your mental health and wellbeing.

 **Mental Health Foundation  
of New Zealand**  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)