

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)

**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

