

Weekly Wellbeing Planner

The Five Ways to Wellbeing are simple, proven actions that help us find balance and feel our best.

Think about the things you enjoy doing or what you do regularly that can help you feel good. Small changes can make a big difference. You can do one or two actions each week or all five. Do them on your own or with friends, whānau or hoamahi/colleagues.

Use the examples below, see the Wellbeing Plan or visit mentalhealth.org.nz for more ideas when planning your activities.

	Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Connect	Find ways to build relationships. Call a friend, eat lunch with hoamahi, smile at neighbours, spend time outdoors with others, have dinner with whānau.							
Give	Find ways to show acts of kindness. Volunteer for a sports club, community group, school or charity, thank someone, gift homegrown kai to whānau and friends.							
Be Active	Find ways to move your body that you enjoy. Stretch, do kapa haka, follow a fitness app, play sport, garden, walk, surf, cycle.							
Take Notice	Find ways to be mindful. Notice your thoughts and feelings, savour your morning coffee, listen to the birds sing, pause and breathe, have a plant in your workspace.							
Keep Learning	Find ways to stay curious. Learn a recipe or language, pick up a hobby, teach someone a skill, listen to podcasts, do daily puzzles.							