

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.**

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OF NEW ZEALAND

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*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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