

My Wellbeing Plan



When your mental wellbeing is good, you're able to cope with life's ups and downs. You feel happier, more confident and secure and can help others too.

Kia tau te mauri,
kia puāwai te ora

When your mauri is
settled, wellbeing
flourishes

Everyone goes through ups and downs in life and that's okay.

Boosting your wellbeing can help you bounce back during tough times. But wellbeing doesn't happen by accident; it needs nurturing and protecting.

A personalised wellbeing (or self-care) plan is a helpful reminder of simple ways to stay healthy and feel good. It can also help you recognise what can affect your wellbeing and remind you of ways to boost it when life feels tough or overwhelming.



Try to complete your plan when you're feeling calm and have time to reflect on what works best for you. Your plan can be as simple or detailed as you wish.



The Five Ways to Wellbeing

The Five Ways to Wellbeing (Connect, Be Active, Keep Learning, Take Notice and Give) 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, achievable 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.

When filling in the following pages, use the prompts to help you choose what actions you'll do to boost your wellbeing.



Download and fill in the Weekly Wellbeing Planner template from mentalhealth.org.nz/wellbeing-plan to help you plan your Five Ways to Wellbeing activities each week.

Display
your Weekly
Wellbeing Planner
somewhere you can
easily see it (e.g. on
a noticeboard or
the fridge).



BE ACTIVE

I message my mates and we meet at the park for a game. It's a good way to get some exercise and catch up.

CONNECT

My favourite thing to do is a loop walk through a local native bush with a friend. It's really relaxing and a great way to keep in touch.

KEEP LEARNING

I enrolled in an adult education course to learn te reo Māori. It's a way to challenge my brain.

TAKE NOTICE

When I'm feeling a bit overwhelmed I do yoga. Taking time to pause and breathe makes me feel better.

GIVE

When making a cup of tea at mahi, I make one for my colleague too. Seeing how it brightens their day always gives me a boost.

CONNECT

ME WHAKAWHANAUNGA

Build relationships that support you.
You could:

- contact a friend – send a message, have a kōrero online or catch up in person
- spend time in places where you feel like you belong – your marae, place of worship, library or sports club
- share kai with whānau, friends or hoamahi/colleagues
- join a community or special interest group, like a walking group, book club, community garden, or craft group.



I can connect with the people in my life by:



ME KORI TONU

Make physical activities you enjoy part of your life. You could:

- go for a walk with a friend or have a walking meeting with hoamahi
- take the stairs, weed the garden or vacuum the house – the small things count!
- play a game of tag with your tamariki
- move your body – do kapa haka, swim, bike, do seated stretches, or play sport with friends.



I can keep active by:

TAKE NOTICE

ME ARO TONU

Be in the moment. Notice how you're feeling, and the world around you. You could:

- think of three things you're grateful for
- head out for a walk or sit outside and take notice of your surroundings
- stop for a break – pause and breathe
- notice three things you can see, two things you can touch, and one thing you can hear.



I can take notice by:

**KEEP
LEARNING**

ME AKO TONU

Do things that spark your curiosity or give you a sense of achievement.

You could:

- challenge yourself – cook a new recipe, refresh a piece of furniture, learn to play an instrument
- learn a new language or join a cultural group
- enrol in a community short course for inspiration, education or upskilling
- do a puzzle, read, research your whakapapa, watch a documentary or listen to a podcast.



I can keep learning by:



TUKUA

Small acts of kindness can make a big difference. You could:

- bake a morning tea treat to share or help prepare kai for a celebration or festival
- brighten someone's day with a smile or a compliment
- volunteer at a community event, coach a sports team or donate to a charity shop
- help a mate out – mow their lawn, drop off a meal or mind their tamariki.



I can give by:

My wellbeing goals

Setting wellbeing goals can help give you direction, build your confidence and support your overall wellbeing. Your goals don't have to be big. Often, it's the small things done regularly that make the biggest difference.



Top Tips

- **Start with simple activities. This helps to create habits and work towards goals.**
 - **Reflect on and celebrate your efforts or share your goals with others, so they can encourage you. This helps to keep you motivated.**
-

List two goals you'd like to work towards. For example:

I'd like to: *Be active daily for 30 mins.*

I'll achieve this by:

- *Taking short daily walks and gradually increasing the distance*
- *Joining a walking or exercise group*
- *Downloading a free fitness app or following a YouTube workout.*

Timeframe: *By December.*

I'd like to: *Learn a new language.*

I'll achieve this by:

- *Enrolling in a course, downloading an app or using an online tutorial*
- *Learning new words by putting sticky notes around the house*
- *Using a new word or phrase daily.*

Timeframe: *By my birthday.*

I'd like to:

I'll achieve this by:

Timeframe:

I'd like to:

I'll achieve this by:

Timeframe:

Wellbeing for tough times

It can be helpful to recognise the situations or times in your life that can affect your physical and mental wellbeing, and to remind yourself of ways to support yourself during harder times.

What impacts my wellbeing

What situations, people or things impact your wellbeing? This could be stress at school or work, too much time on social media, relationship or financial issues, heavy use of drugs or alcohol, or too many late nights.

E.g. Exams really stress me out



Need extra support?

If you don't feel like things are getting easier, it's okay. You may need some extra support. Contact your GP or health professional or call a free helpline. Support is available.

What boosts my wellbeing

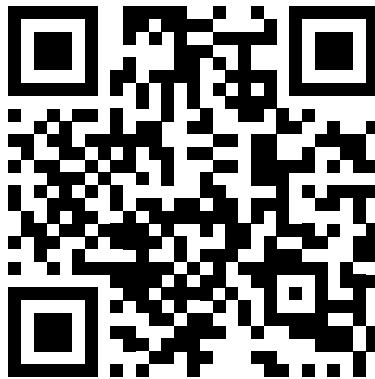
When things feel tough, it's important to find ways to look after your wellbeing. You could go for a walk, practise deep breathing, listen to music, watch a show, work on a hobby, or see supportive whānau or friends. List what can help you.

E.g. I'll take study breaks and catch up with a mate

Free helplines:

- **1737** Free call or text **1737** for support from a trained counsellor (24/7)
- **Youthline** Free call **0800 376 633** or text **234** for support for young people, their whānau and friends (24/7)
- **Lifeline** Free call **0800 543 354** or text **4357** (HELP) for confidential support (7am–midnight)

To access more free,
evidence-based, practical
tools and resources visit
mentalhealth.org.nz
or scan the QR Code.



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