

Cut out the cards and join the kōrero.

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Cut out the cards and join the kōrero.

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

What's something nice
that someone has done
for you lately?

I ēnei rangi tata nei, he
aha tētahi mea pai kua
mahia e tētahi mōu?

Mental Health
Awareness Week

MHAW
20 23

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

How do you keep
in touch with the
people
in your life?

Ka pēhea koe e
tūhono ai ki tō
whānau me ō hōa?

Mental Health
Awareness Week

MHAW
20 23

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

Who is someone
you'd like to
reconnect with?

He hiahia nei tāu te
whakahono atu anō
ki tētahi atu?

Mental Health
Awareness Week

MHAW
20 23

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

How do you take a
moment to check-in
with yourself?

He aha tāu mahi nei
whakatau i a koe
anō?

Mental Health
Awareness Week

MHAW
20 23

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

Where do you feel
most at home?
Kei hea tō āhuru
mōwai?

Mental Health
Awareness Week

MHAW
20 23

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

Which of the Five Ways
to Wellbeing do you
focus on most to look
after your wellbeing?
Ka aro koe ki tēhea
o ngā ara e rima hei
poi! i tō ngākau ora?

Mental Health
Awareness Week

MHAW
20 23

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

What is something
new that you have
learnt recently?
He aha rānei tētahi
mea hou kua ākonga
e koe?

Mental Health
Awareness Week

MHAW
20 23

18-24 Sept
mhaw.nz

Mental Health Foundation
maui tu, mauri ora

Which of the four pou
of Te Whare Tapa Whā
do you need to focus on
more for your wellbeing?
Me whāngai koe i tēhea
o ngā pou o tō ake
Whare tapawhā?

Mental Health
Awareness Week

MHAW
20 23

Cut out the cards and join the kōrero.

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Cut out the cards and join the korero.

mhaw.nz 18-24 Sept
Mental Health Foundation

What is your favourite way to move your tinaua/body?
He aha to tino mahi kori tinaua?

Mental Health Awareness Week
MHAW 20 23

mhaw.nz 18-24 Sept
Mental Health Foundation

Does your whānau have any special traditions?
He tikanga ā-whānau tāu e kawea tonuitia i ēnei rangi?

Mental Health Awareness Week
MHAW 20 23

mhaw.nz 18-24 Sept
Mental Health Foundation

What's your go-to comfort food?
He aha ō tino kai?

Mental Health Awareness Week
MHAW 20 23

mhaw.nz 18-24 Sept
Mental Health Foundation

If you could live anywhere in the world, where would it be?
Ki te noho koe ki tētahi wāhi o te ao, ko hea te wāhi noho māu?

Mental Health Awareness Week
MHAW 20 23

mhaw.nz 18-24 Sept
Mental Health Foundation

Where is your favourite place to go for a hiko/walk?
Kei hea to tino wāhi hiko?

Mental Health Awareness Week
MHAW 20 23

mhaw.nz 18-24 Sept
Mental Health Foundation

What do you do to manage when life gets too busy or hectic?
Mēnā e mauri rere ana to ao, me pēhea koe e whakatau ai i a koe anō?

Mental Health Awareness Week
MHAW 20 23

mhaw.nz 18-24 Sept
Mental Health Foundation

How do you de-stress?
Me pēhea koe e whakatau ai to mauri?

Mental Health Awareness Week
MHAW 20 23

mhaw.nz 18-24 Sept
Mental Health Foundation

What is something you are grateful for?
He aha tētahi o ō whakawhetai?

Mental Health Awareness Week
MHAW 20 23

Cut out the cards and join the kōrero.

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Five Ways, Five Days.

Proven tools to boost
our mental health

MHAW²⁰₂₃
Mental Health
Awareness Week

mhaw.nz
18–24 Sept

Cut out the cards and join the kōrero.

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

What helps you have
a great day at school
or work?

He aha ngā mea
āwhina hei whakakoa
! a koe i te mahi, i te
kura rānei?

Mental Health
Awareness Week
MHAW 20 23

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

What is something you'd
like to get better at?

He pūkenga rānei ōu e
hiahia nei koe te
whakapakari?

Mental Health
Awareness Week
MHAW 20 23

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

If you were to learn
another language,
which language
would it be?

Ki te ako koe i tētahi
reo, ka akona e koe i
tēhea reo?

Mental Health
Awareness Week
MHAW 20 23

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

What is something people
may not know about you?

He pūkenga, he
whaeko rānei ōu kāore
e mōhioia whānuitia?

Mental Health
Awareness Week
MHAW 20 23

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

What's the best piece
of advice that someone
has given you?

He tino kōrero āwhina kua
tohaina e tētahi ki a koe?

Mental Health
Awareness Week
MHAW 20 23

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

What would be your
ideal way to spend the
weekend?

Whakamōhio mai te āhua
o tino rangi whakataa?

Mental Health
Awareness Week
MHAW 20 23

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

What is something you
do in your spare time that
you really enjoy?

He aha tō tino runaruna
! a koe e wātea ana?

Mental Health
Awareness Week
MHAW 20 23

18-24 Sept
mhaw.nz
Mental Health Foundation
Mauri ū, mauri ora

What is something
you loved doing when
you were little?

I a koe e tamarii ana,
e ngākau nui ana koe
ki te aha?

Mental Health
Awareness Week
MHAW 20 23