

# Five Ways, Five Days.

mhaw.nz  
18–24 Sept

Kia ora,

This year's Mental Health Awareness Week (MHAW) focuses on the **Five Ways to Wellbeing**.

Life has been a rollercoaster lately. We've faced uncertainty, unfamiliarity, and hardships that have left us with mixed emotions. That's why we're bringing you the **Five Ways for the Five Days** of MHAW, to give us a set of proven tools to boost our mental health when we need it. These practices are backed by evidence and can be easily incorporated into anyone's life, at any time. **Whakatōkia ngā rautaki māmā nei ki tō ao kia rongō ai koe i ngā painga.**

Put the **Five Ways** into practice this Mental Health Awareness Week. Take notice/Me aro tonu. Give/Tukua. Be Active/Me kori tonu. Connect/Me whakawhanaunga. Keep Learning/Me ako tonu.

For inspiration and activity ideas to help bring MHAW to life in your workplace, school or home, check out our MHAW Guide and more at [mhaw.nz](https://mhaw.nz).

