



ME WHAKAWHANAUNGA



TUKUA



ME KORI TONU



ME ARO TONU



ME AKO TONU

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

WELLBEING IS ABOUT HOW WE FEEL AND HOW WE FUNCTION

We all have mental wellbeing – it's a taonga/treasure and we need to look after it. The **Five Ways to Wellbeing** are simple, proven actions we can all take to help us find balance and feel our best.

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

Introduce the Five Ways to Wellbeing into your life and feel the benefits they can bring.

Whakatōkia ngā rautaki māmā nei ki tō ao kia rongo ai koe i ngā painga.

Visit mentalhealth.org.nz/wellbeing today for more ideas and inspiration.

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