

WELLBEING IS ABOUT HOW WE FEEL AND HOW WE FUNCTION

Wellbeing doesn't happen by accident; it needs nurturing and protecting. Boosting our wellbeing can make us more resilient and better equipped for when things feel tough.

The **Five Ways to Wellbeing** are simple, proven actions we can regularly do to help us find balance and feel our best.



ME WHAKAWHANAUNGA

Talk and listen, be there, feel connected.

Me kōrero, me whakarongo, me whakawātea i a koe, me rongō i te whanaungatanga.



TUKUA

Your time, your words, your presence.

Te wā ki a koe, ō kupu, ko koe tonu.



ME KORI TONU

Do what you can, enjoy what you do, move your mood.

Whāia te mea ka taea e koe, kia pārekareka tāu i whai ai, kia pai ake ō piropiro.



ME ARO TONU

Tune in to the simple things that bring you joy.

Me aro tonu ki ngā mea māmā noa, i ngākau harikoa ai koe.



ME AKO TONU

Embrace new experiences, see opportunities, surprise yourself.

Awhitia te wheako hou. Kimihia ngā ara hou, me ohore koe i a koe anō.

Introducing the Five Ways into your life is easy.

Simple, everyday activities – done on your own or with whānau, friends or hoamahi/colleagues – can make a real difference.

Why not try some today and feel the benefits they can bring?

For more ideas and inspiration visit [mentalhealth.org.nz/wellbeing](https://www.mentalhealth.org.nz/wellbeing)

CONNECT ME WHAKAWHANAUNGA

Ideas to help you **connect** with others:

- Reconnect with a friend – send a message, have a kōrero online or catch up in person
- Spend time with people in places that feel like home – your marae, place of worship, library or local sports club
- Share a potluck dinner with whānau, friends or hoamahi
- Gather friends for a night of games or karaoke

GIVE TUKUA

Ideas to help you **give** to others:

- Bake morning tea for your hoamahi
- Brighten someone's day with a smile or a compliment
- Volunteer at a community event or donate to a charity shop
- Help a mate out by mowing the lawns, preparing a meal or minding their tamariki/children

BE ACTIVE ME KORI TONU

Ideas to help you **be active**:

- Go for a hīkoi/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
- Dance, stretch or round up mates for a friendly sports match at a local park

TAKE NOTICE ME ARO TONU

Ideas to help you **take notice**:

- Think of three things you're grateful for
- Head out for a hīkoi and take notice of your surroundings
- Stop for a break – pause and breathe
- Take a moment to acknowledge how far you've come

KEEP LEARNING ME AKO TONU

Ideas to help you **keep learning**:

- Challenge yourself – cook a new recipe, refresh a piece of furniture, learn to play an instrument
- Put sticky notes of kupu hou/new words around your whare or workplace to help you learn Te Reo Māori
- Join a class and learn a new skill
- Do a puzzle, watch a documentary or listen to a podcast