

Five Ways To Wellbeing

scope

Five Ways to Wellbeing is a set of five simple, evidence-based actions which can improve wellbeing in everyday life. **Connect, Give, Take Notice, Keep Learning & Be Active.**

Research shows that incorporating these five simple activities into your daily life – at work and at home – can build resilience, boost your mental wellbeing and lower your risk of developing mental health problems.

Regularly practising the Five Ways is beneficial for everyone, whether you have existing mental health problems or not.



1

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED



ME WHAKAWHANAUNGA

Strong relationships are an essential part of boosting wellbeing

ME KÖRERO, ME WHAKARONGO,
ME WHAKAWĀTEA I A KOE, ME RONGO I TE
WHANAUNGATANGA

2

Give

Your time,
your words,
your presence



Carrying out acts of kindness, whether small or large, can increase happiness



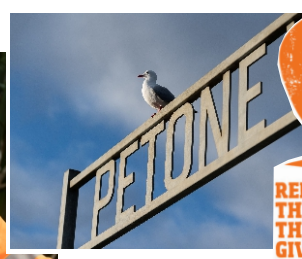
TUKUA

TE WĀ KI A KOE, Ō
KUPU, KO KOE TONU

3

ME ARO TONU

ME ARO TONU KI NGĀ
MEA MĀMĀ NOA, I
NGĀKAU HARIKOĀ AI KOE



TAKE NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Paying more attention to the present and to the world around us can boost our wellbeing

4

KEEP LEARNING

EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF



Learning and new experiences positively stimulate the brain



ME AKO TONU

AWHITIA TE WHEAKO HOU, KIMIHA NGĀ ARA HOU, ME OHORERE KOE I A KOE ANŌ

5

ME KORI TONU

WHĀIA TE MEA KA TAEA E KOE, KIA PĀREKAREKA TĀU I WHAI AI, KIA PAI AKE Ō PIROPIRO



BE ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

Being physically active every day is great for our bodies and minds

6

NEED TO TALK?

1737

free call or text any time for support from a trained counsellor

...or contact your local EAP provider

7

Remember

- **Connect – me whakawhanaunga**
be there for others, build strong relationships
- **Give – tukua**
carry out acts of kindness, whether small or large
- **Take notice – me aro tonu**
appreciate the world around you
- **Keep learning – me ako tonu**
be curious and seek out new experiences
- **Be active – me kori tonu**
do regular physical activity that you enjoy

CONNECT GIVE TAKE NOTICE LEARN BE ACTIVE

