

Feeling good

Five ways to wellbeing

► Doing these five things can make you feel better about yourself, both physically and mentally

Connect

Me whakawhanaunga

Spend time with people in your life who make you feel good. Are they friends, family, colleagues, or neighbours? These connections can support you and enrich your life.

Take Notice

Me ako tonu

Be aware of the world around you and see the beauty in everyday and unusual things – reflecting on them helps you appreciate what matters to you.

Give

Tukua

Do something for a friend or a stranger and see yourself and your happiness as linked to the wider community.

Connect

Take Notice

Give

Be Active

Learn

Be Active

Me kori tonu

Physical activity helps in so many ways so find something that you enjoy and suits your ability.

Learn

Me ako tonu

Try something new or rediscover an old interest, or take on a new responsibility or challenge – learning makes you more confident and can be fun.

► Use the weekly activity diary on “Activity” on page 41 to plan how you will build the five ways to wellbeing into your day.

