

Feeling good

Five ways to wellbeing.

- ▶ Doing these 5 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, whānau, colleagues or neighbours? These connections can support you and enrich your life.

Give

Tukua

Do something for a friend or a stranger. It feels good to give and makes you feel part of your community.

Take notice

Me aro 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.

Learn

Me ako tonu

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

Be active

Me kori tonu

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

Use the weekly activity diary to plan how you will build some of these into your day.



Learn more at: hn.org.nz

- Search for **wellbeing** and **mental health**.

