

03 Tool

Example messaging

We've included a range of messages below for you to pick and choose from and include in your communications about the Five Ways to Wellbeing.

Like physical health, we can all benefit from looking after our mental health.

The Five Ways to Wellbeing (Connect, Be Active, Take Notice, Keep Learning, Give) are simple and proven actions we can all do to find balance, build resilience and boost our mental wellbeing.

Our Five Ways to Wellbeing at Work will help you build the Five Ways into your life and routines.

There'll be fun activities to support us as individuals and teams to Connect, Give, Take Notice, Be Active, Keep Learning.

As an organisation, we'll be looking at what we can do to create a supportive environment that helps you look after your mental health and practice the Five Ways every day.

There'll be opportunities to learn more about the Five Ways and set your own goals around what you can do more of.

The Five Ways to Wellbeing are:

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

Why the Five Ways work:

- Connect:** Strong relationships with others, including at work, are an essential part of building resilience and boosting wellbeing.
- Keep Learning:** Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.
- Be Active:** Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.
- Give:** Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.
- Take Notice:** Paying more attention to the present moment, to thoughts and feelings and to the world around, can boost our wellbeing.