Introduce these five simple strategies into your life and you will feel the benefits.

FIVE WAYS TO WELLBEING

CONNECT
Talk & listen, be there, feel connected

Give
Your time, your words, your presence

Take Notice
Remember the simple things that give you joy

Keep Learning
Embrace new experiences, see opportunities, surprise yourself

Be Active
Do what you can, enjoy what you do, move your mood
FIVE WAYS TO WELLBEING

CONNECT  GIVE  TAKE NOTICE  LEARN  BE ACTIVE

Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui. Persist in the battle and journey for wellbeing, it is a treasure handed down from the heavens, then comes confidence and peace.

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