Give

Your time, your words, your presence

5 WAYS TO WELLBEING

Hake tipu oranga, he tanga tuku iha, ka pakanga ake, aue te airotanga, te manawanui

Mental Health Foundation of New Zealand
www.mentalhealth.org.nz
BE
ACTIVE

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

EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

5 WAYS TO WELLBEING

Mental Health Foundation
of New Zealand
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CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

5 WAYS TO WELLBEING

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TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

5 WAYS TO WELLBEING

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