

# 5 Ways to Wellbeing - is a set of five simple actions which can improve wellbeing



**Give, tukua**

Your time,  
your words,  
your presence

**Tukua te wā ki a koe,  
ō kupu, ko koe tonu**

Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing. By helping others, sharing our skills and resources, we're doing things that give us purpose and a sense that we're a part of a team. Giving is important for everyone – no matter what age you are!



**Be active,  
me kori tonu**

Do what you can,  
enjoy what you do.  
Move your mood

**Whāia te mea ka taea  
e koe, kia pārekareka  
tāu i whai ai, kia pai  
ake ō piropiro**

Being physically active is proven to boost our wellbeing and decrease stress, depression and anxiety. When was the last time you went for a bike ride, a jog or a walk in the fresh air? Discover a physical activity you enjoy and one that suits your level of mobility and fitness.



**Keep learning,  
me ako tonu**

Embrace new  
experiences.  
See opportunities,  
surprise yourself

**Awhitia te wheako  
hou, kimihia ngā ara  
hou, me ohore koe i  
a koe anō**

Learning helps us to set and achieve goals which is strongly connected to higher levels of wellbeing. We thrive when these goals are chosen by us, have a positive focus and align with our values. Learning is more than just formal education. It's about being curious about the world around us and learning from our environment, other people and the resources we can access.



**Connect, me  
whakawhanaunga**

Talk & listen,  
be there,  
feel connected

**Me Kōrero,  
me whakarongo,  
me whakawātea i a  
koe, me rongo i te  
whanaungatanga**

Positive social interactions make us feel happy, connected and secure. Building meaningful relationships with family/whānau, friends and the community goes a long way to increasing your sense of belonging and strengthening personal wellbeing. Through sharing experiences, you can discover how you can help others. It also means that during times of distress you have the support you need to get through.



**Take Notice,  
me aro tonu**

Remember the  
simple things that  
give you joy

**Me aro tonu ki ngā  
mea māmā noa  
i ngākau harikoa  
ai koe**

Paying more attention to the present moment, to our thoughts and feelings and to the world around us boosts our wellbeing. It helps us to behave in ways that make us feel good about ourselves – ways that are consistent with our values and who we want to be. Taking notice can include gratitude, forgiveness, reflection and building a life that is meaningful to you.