

Fact sheet: About the Five Ways to Wellbeing

Research shows there are five simple things you can do as part of your daily life – at work and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These simple actions are known internationally as the Five Ways to Wellbeing*.

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

ME WHAKAWHANAUNGA

ME KŌRERO, ME WHAKARONGO,
ME WHAKAWĀTEA I A KOE, ME RONGO I TE
WHANAUNGA TANGA

**TAKE
NOTICE**

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

**ME ARO
TONU**

ME ARO TONU KI NGĀ
MEA MĀMĀ NOA, I
NGĀKAU HARIKOĀ AI KOE

Give

Your time,
your words,
your presence

TUKUA

TE WĀ KI A KOE. Ō
KUPU. KO KOE TONU

**KEEP
LEARNING**

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

ME AKO TONU

AWHITIA TE WHEAKO HOU,
KIMI HIA NGĀ ĀRA HOU, ME
OHORERE KOE I A KOE ANŌ

**BE
ACTIVE**

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

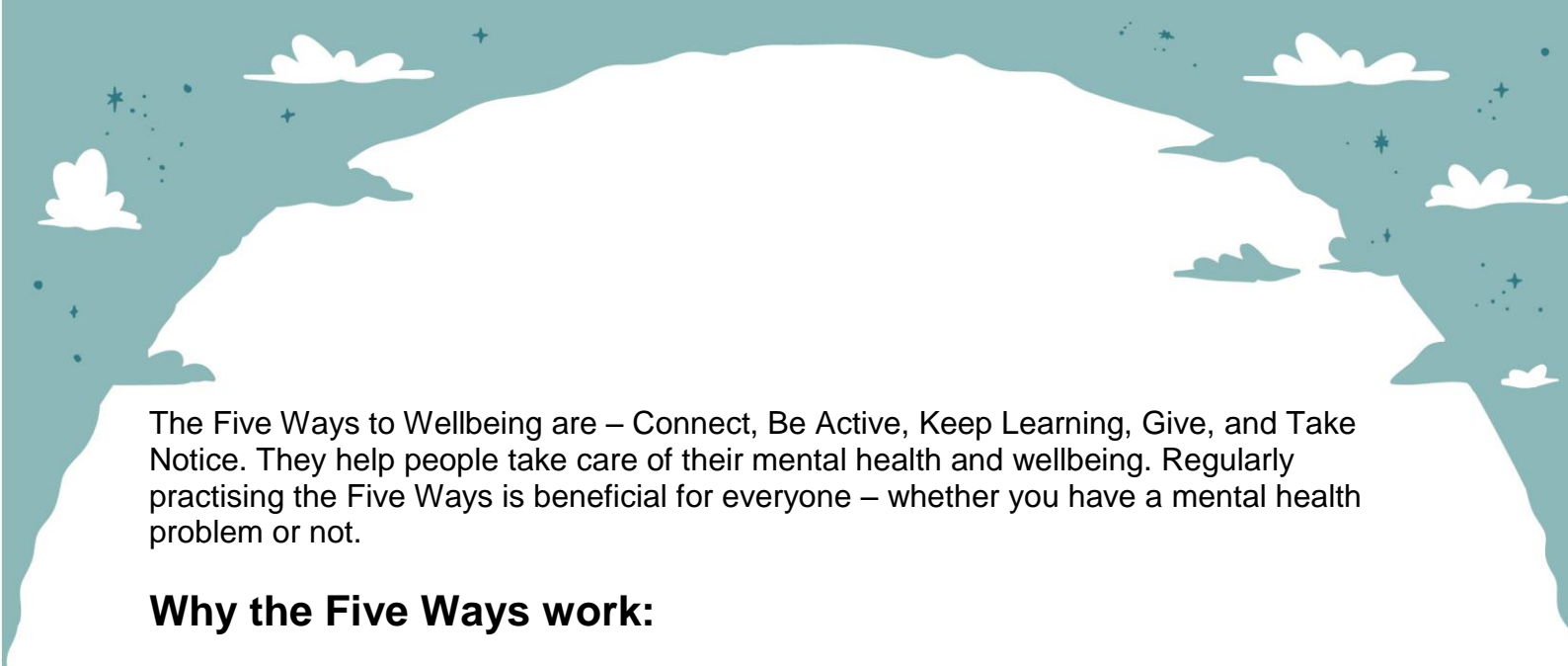
**ME KORI
TONU**

WHĀIA TE MEA KA
TAEA E KOE, KIA
PĀREKAREKA TĀU I
WHAI AI, KIA PAI AKE
Ō PIROPIRO

**8-14 MENTAL HEALTH
OCTOBER AWARENESS WEEK**

 **Mental Health Foundation**
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#MHAWNZ



The Five Ways to Wellbeing are – Connect, Be Active, Keep Learning, Give, and Take Notice. They help people take care of their mental health and wellbeing. Regularly practising the Five Ways is beneficial for everyone – whether you have a mental health problem or not.

Why the Five Ways work:

Connect

Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

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, boosts our wellbeing.

Keep Learning

Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.



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The Five Ways in action:

Connect

Spend time in nature with whānau/family, friends and community to uplift your wairua/spirit and those around you. Receive and give strength to each other. Connect with Papatūānuku (Mother Earth) and touch, smell and eat the bounty she provides.

Keep Learning

There's always something new to learn and discover when you let nature in. Embrace new places. Learn the names of native plants and animals. Learn (or share with others) where you are from, your maunga/mountain and awa/river. Visit places you feel connected to and learn more about them.

Take Notice

See nature through a different lens and take some time to Take Notice and be mindful of what's happening around you. Take Notice of the natural world and find ways to *let nature in* to your everyday life, e.g. bring a native plant into work and ensure you take time to nurture it.

Be Active

Getting outside and exercising is good for your overall health and wellbeing and strengthens your connection with nature. You don't have to run a marathon to Be Active. Do what you can to move your mood.

Give

Nature provides for us - it gives us everything we need to not only survive, but thrive. We, in turn, have a kaitiaki/guardianship role to give back to nature for future generations. Share the wonder and the joy of being in nature - gift your harvest, prepare and share kai/food together, create things made with your own hands.

**The Five Ways to Wellbeing were developed by the New Economics Foundation (NEF) on behalf of the Foresight Commission in the UK and adapted for New Zealand by the Mental Health Foundation.*