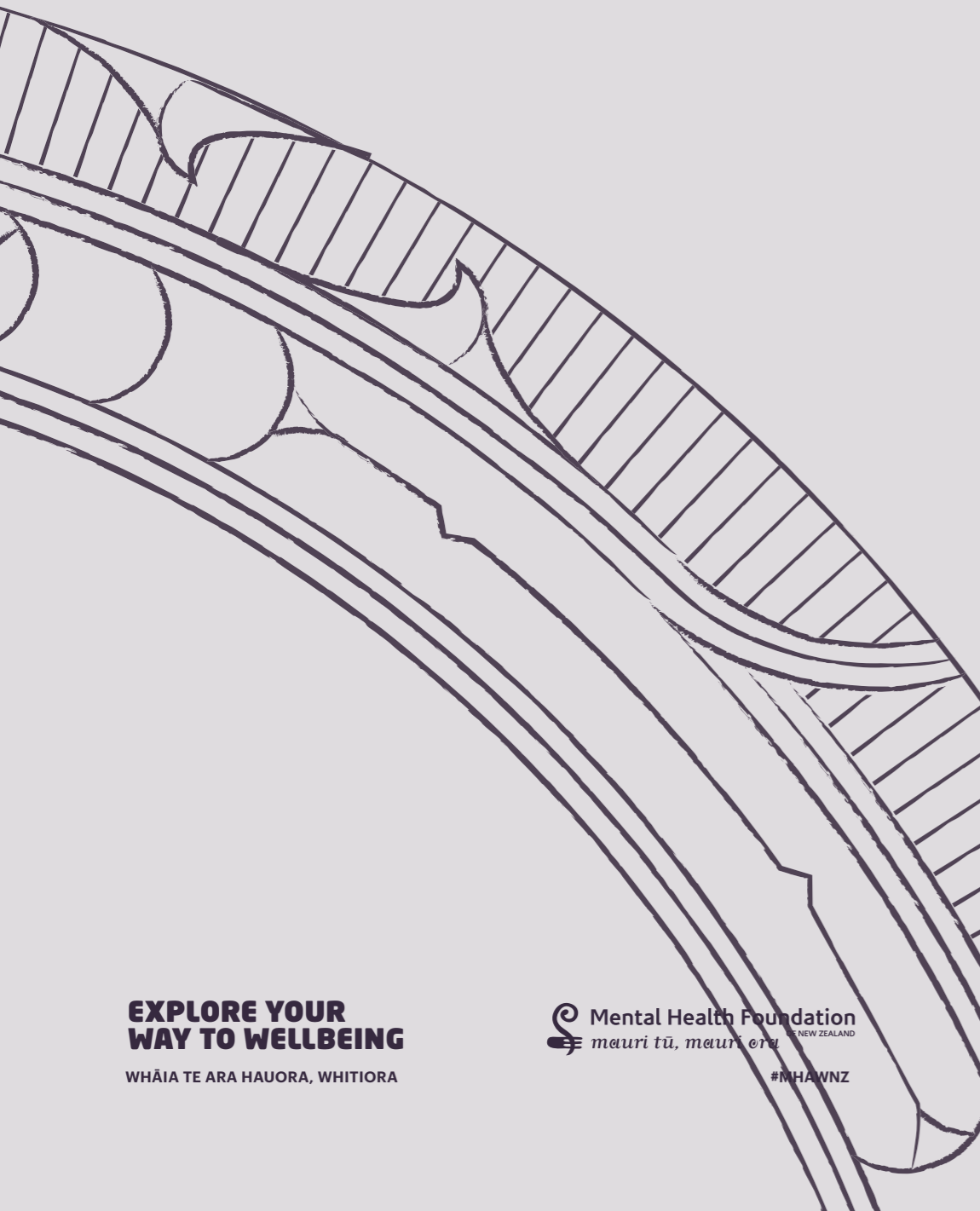


MY / OUR WAYS TO WELLBEING

Write or draw the actions, activities and experiences that will help to uplift your wellbeing throughout the year. Display this somewhere as a reminder to do more of the things that make you feel good.



**EXPLORE YOUR
WAY TO WELLBEING**

WHĀIA TE ARA HAUORA, WHITIORA

 **Mental Health Foundation**
NEW ZEALAND
mauri tū, mauri ora

#MHAWNZ

WHENUA

HINENGARO

WAIKURA

WHĀNAU

TINANA