



# Give

Your time,  
your words,  
your presence

#### FIVE WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

*Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui*



**Mental Health Foundation**

*mauri tū, mauri ora*

OF NEW ZEALAND

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)



**BE  
ACTIVE**

**DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD**

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**KEEP  
LEARNING**

**EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF**

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# CONNECT

## TALK & LISTEN, BE THERE, FEEL CONNECTED

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TAKE  
NOTICE

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

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