Wellbeing Tips

These tips are designed to help get you thinking abouT What will help your mental wellbeing aT The moment. these simple actions are big mood boosters – find whaT Works for you and keep aT it!

Make time to pray

give – Āwhina

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!

Make time to pray

Take noTice – me aro tonu

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.

get moving – kia kori

Regular movement and exercise helps release tension and stress and gives you an energy boost!

connect – tūhono

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.

sTay Curious – me whai Whakaaro

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.

sTick to a rouTine – whai mahere

It will help you get through each day and adjust to regular life when it goes back to normal.

relax – mauri tau

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

Make time to pray

GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation OF NEW ZEALAND
mauri tū, mauri ora