

STRENGTHEN YOUR WELLBEING

Looking after our wellbeing is all about doing small things often and incorporating them as part of our weekly routine. The tips below are great ways to boost our social, mental, spiritual and physical wellbeing.

TUKUA GIVE

Do something nice for someone else, volunteer your time, your words or your presence.



TALK TO PEOPLE YOU TRUST

Sharing what's going on in your life, good and bad, with people you trust is a great way to strengthen your support network.

PRACTICE GRATITUDE

Take time to notice things you are grateful for. Doing this daily helps train the brain to focus on the positive.



TAKE TIME OUT

Rest is important. Block out time in advance that is "protected time" for you to spend doing something to re-energise.

ME AKO TONU KEEP LEARNING

Challenging ourselves to try new things is a great way to build confidence and helps grow the skills in our kete.

