



FIVE WAYS TO STAYING SHIP SHAPE

ĒTAHI ARA E RIMA
KI TE NGĀKAU ORA

Introduce these five simple strategies & you will feel the benefits.



TAKE NOTICE
ME ARO TONU
Remember the simple things that give you joy.



CONNECT
ME WHAKAWHANAUNGA
Talk & Listen. Be there, feel connected.



GIVE
TUKUA
Your time, your words, your presence.



KEEP LEARNING
ME AKO TONU
Embrace new experiences. See opportunities. Surprise yourself.



BE ACTIVE
ME KORI TONU
Do what you can. Enjoy what you do. Move your mood.



Adapted courtesy The Mental Health Foundation of New Zealand www.mentalhealth.org.nz