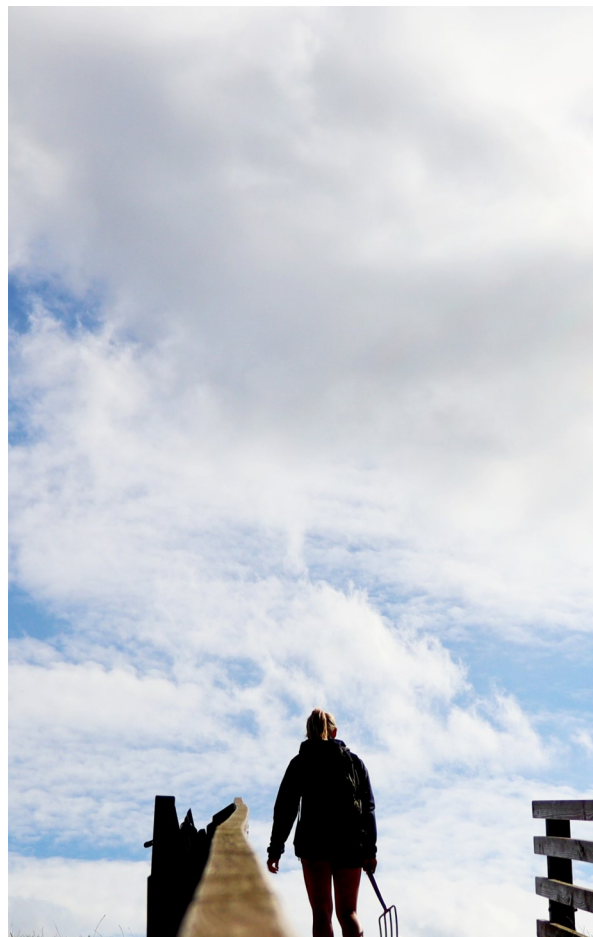




Take Notice

Mindfulness and reflection can boost wellbeing and support a positive mindset

- Learn a quick and easy breathing technique, like taking ten mindful breaths
- Start a personal gratitude journal or ask family, friends or colleagues the highlight of their day
- Download a mindfulness app or find a meditation video or podcast

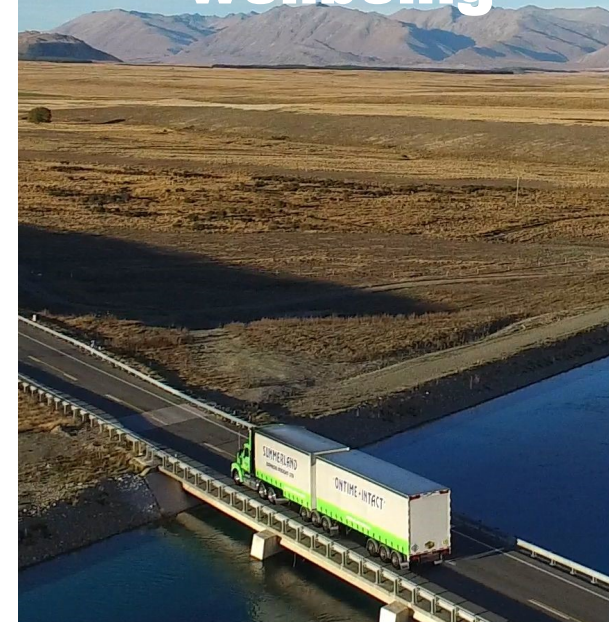


Giving

Volunteering and acts of kindness can increase our sense of wellbeing

- Donate some unneeded clothing, toys, or office equipment to a local charity
- Support a fundraiser or event at a local school, charity or workplace
- Compliment a colleague, friend or family member for something they've done well

Practical steps to support wellbeing



Visit Transporting.nz or mentalhealth.org.nz/five-ways-to-wellbeing for more information



Be Active

Physical activity improves wellbeing, decreases stress, burnout and anxiety

- Join or start a social sport team, step-challenge or work tournament
- Build a short walk, stretch or workout into your work schedule
- Check out the garden, walk the dog, or have a wander round the neighbourhood



Stay Connected

Positive social interactions can help us feel happy, resilient and secure

- Call, message or visit a colleague, friend or family member who makes you feel valued
- Join a local club, book group, sports team or industry sector group
- Have a chat with one of our regional sector advisors



Keep Learning

Learning new skills is a great way to stay engaged and motivated

- Rediscover an old hobby, interest or musical instrument
- Try out a new recipe, podcast or activity each month
- Sign up for a free course through MITO or your local Polytechnic, or get your skills recognised through our Road to Success Programme