

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



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A photograph of two men in work attire standing in front of a white truck. The man on the left is wearing a dark blue cap, a blue puffer vest over a green long-sleeved shirt, and is smiling while looking at the other man. The man on the right is wearing a purple cap, a blue denim jacket over a dark polo shirt, and is also smiling while looking at the first man. He is holding a clipboard and a pen. The background shows the side of a white truck with various lights and equipment.

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



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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 every month
- Sign up for a free or low fees course through MITO or your local Polytechnic, or get your existing skills recognised through our Road to Success Programme



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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 listen or watch a meditation video or podcast



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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 - or nominate them for an Transporting New Zealand industry award



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