

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

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 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz



Wellbeing is simply feeling good and functioning well

Happiness, contentment, enjoyment, curiosity and engagement are all characteristic of feeling good. Equally important is our ability to function well, with positive relationships, autonomy and purpose in our work and ability/opportunity to contribute also vital to our wellbeing.

A whole range of factors determine our level of wellbeing, but evidence indicates that the way we think and the things we do have the greatest impact of all. Research also confirms that incorporating elements of the 5 Ways to Wellbeing into our daily lives has a positive impact on our sense of wellbeing.

Great Effort:

South Canterbury Kindergartens keeping it simple with the 5 WAYS, 5 DAYS, 5 WEEKS challenge.

South Canterbury Kindergartens participated in a 5 ways, 5 days, 5 weeks challenge recently. Over 5 weeks kindergarten staff explored each of the 5 Ways to Wellbeing through activities. They developed a good understanding of the many ways this framework can support their wellbeing and that of their tamariki and community.



Check out our facebook page [wavesouthcanterbury/](https://www.facebook.com/wavesouthcanterbury/) under Photos/Albums and Videos/Playlist "South Canterbury Kindergartens – 5 Ways to Wellbeing" for more of South Canterbury Kindergartens' 5 Ways to Wellbeing stories and great ideas.

Useful links:

Visit www.mentalhealth.org.nz for a New Zealand adaptation of this wellbeing tool and some good ideas on how it can be utilised in your home, kura and community.

Visit sparklers.org.nz a free wellbeing toolkit full of fun and simple activities to help teachers and whānau support tamariki to learn about their mental health and wellbeing.

