

# FIVE WAYS TO WELLBEING



**CONNECT**

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



**Give**

Your time,  
your words,  
your presence



**TAKE  
NOTICE**

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



**KEEP  
LEARNING**

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



**BE  
ACTIVE**

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

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  
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## Te Reo

### Ē TAHI ARA E RIMA KI TE NGĀKAU ORA



**ME WHAKAWHANAUNGA**

ME KŌRERO, ME WHAKARONGO,  
ME WHAKAWĀTEA I A KOE, ME RONGO I  
TE WHANAUNGATANGA



**TUKUA**

TE WĀ KI A KOE,  
Ō KUPU, KO KOE  
TONU



**ME ARO  
TONU**

ME ARO TONU KI  
NGĀ MEA MĀMĀ  
NOA, I NGĀKAU  
HARIKOA AI KOE



**ME AKO TONU**

AWHITIA TE WHEAKO HOU,  
KIMIHA NGĀ ARA HOU, ME  
OHORERE KOE I A KOE ANO



**ME KORI  
TONU**

WHĀIA TE MEA KA  
TAEA E KOE, KIA  
PĀREKAREKA TĀU I  
WHAI AI, KIA PAI AKE  
Ō PIROPIRO

WHAKATŌKIA NGĀ RAUTAKI MĀMĀ NEI KI  
TŌ AO KIA RONGO AI KOE I NGĀ PAINGA

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## Samoaan Language

### AUALA E LIMA ILE OLA MALOLOINA

FAATINO VAEGA FAIGOFIE NEI E LIMA ETE LAGONA AI SUIGA LELEI



**FA'AUJAU  
LE A'OA'OINA**

VAI MA OPOGINI AVANOA FOU



**FESO'OTA'I**

TALANOA MA FA'ALOGO, FETUFAA'I



**TO'AGA**

TAGATA I AU MEA E FAI, SUI OU LAGONA  
FAI MEA ETE MAFALOMIA FAI



**SILASILA  
TOTO'A**

MANATUA MEA FAIGOFIE E MAUA AI LOU FALALA



**FOA'I**

LOU TAIMI, AU UPU MA LOU TAGATA

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