



# 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](http://www.mentalhealth.org.nz)