

## Mental Health Awareness Week

It's Mental Health Awareness Week 21 September – 27 September. Mental Health Awareness Week is run each year by the Mental Health Foundation and it's more timely than ever. This year's theme is Reimagine Wellbeing Together – He Tirohanga Anamata. It's time to reflect on how we can all improve our mental health.

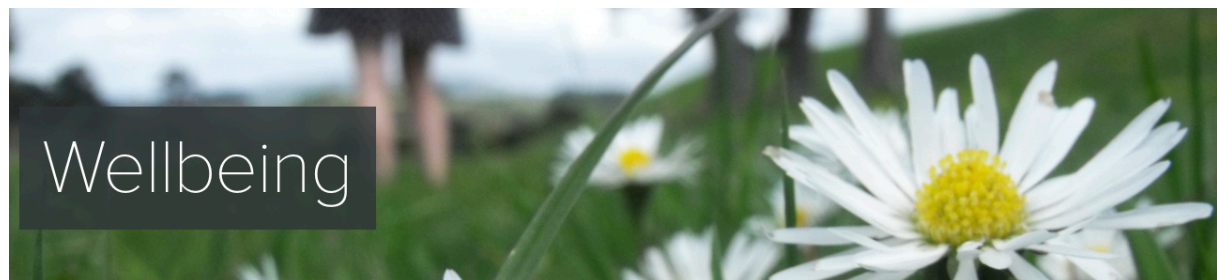
### The five ways to wellbeing guide

Five Ways to Wellbeing is a set of five simple, evidence-based actions which can improve wellbeing in everyday life.

#### Background

The Five Ways to Wellbeing was introduced to Aotearoa New Zealand in 2009 as part of Mental Health Awareness Week, building on work done by the New Economics Foundation (NEF) for the UK Government.

This paper aims to develop confidence in organisations and workers that their communication of the messages is supported by best practice, built upon good understanding of the evidence and reflects a consistent national approach. The Mental Health Foundation has commissioned a review of how the Five Ways to Wellbeing has been implemented in Aotearoa since 2009. Further information and practical tips on how to use the Five Ways is available on the website.



#### Wellbeing

The Mental Health Foundation believes one of the key aims of a democratic government is to promote the good life: a flourishing society where citizens are happy, healthy, capable and engaged. In other words, a society where people have high levels of wellbeing.

Recent years have seen a shift away from a focus on illness alone, to more attention on wellness, both in policy and health practice. In a New Zealand context, this has included better integration of Maori and Pacific concepts of health, including holistic models such as Te Whare Tapa Wha and Fonofale. Illness and wellness are now considered to be more than simply two ends of a continuum, but separately operating dimensions.

Five ways to wellbeing:

<b>Give</b>	<b>Be active</b>	<b>Keep learning</b>	<b>Take notice</b>	<b>Connect</b>
Your time	Do what you can	Embrace new experiences	Appreciate the little things	Talk and listen
Your words	Enjoy what you do	See opportunities.	Savour the moment	Be there
Your presence	Move your mood	Surprise yourself		Feel connected

Website: [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)