

# Mental Wellness Newsletter

## WINNING 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

Mental Health Foundation  
of New Zealand  
www.mentalhealth.org.nz

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



## 9 WAYS TO MANAGE STRESS



SPEND TIME IN  
NATURE



SAY YOUR  
PRAYERS



PRACTICE  
YOGA



SPEND TIME WITH  
FRIENDS



DO YOUR  
EXERCISES



MANAGE  
TIME



PRACTICE  
ART



READ  
BOOKS



THINK  
POSITIVE



MINDFUL  
LIFE™

## Developing a Growth Mindset

INSTEAD OF...	TRY....
I'm bad at this	What am I missing?
I give up	I'll try a different strategy
This is good enough	Is this my best work?
This is too hard	This may take some time
I got it wrong	I learn from mistakes
I'll never be that smart	I can train my brain
I don't get it	I don't get it yet

Mental Wellness = Emotional Balance

It's not always easy being a kid! Sometimes it is hard to avoid feeling stressed, and pressure can build up in many areas of life. Mental wellness is maintaining a balance of our emotions when life gets tough.