

## Tip sheet

# Mental Health Awareness Week

Do you want to learn more about yourself, improve your relationships with others, or find the right support when things get tough? We Kiwis understand that mental health is important – but what does that truly mean, and where do we start if it's time to make some changes?



## Mental Health Awareness Week

One great resource is the annual Mental Health Awareness Week; each September, the Mental Health Foundation of New Zealand examines a different theme and give us the tools we need to respond and grow. In the workplace, sharing this campaign with a colleague can be an opportunity to start conversations and find support.

## The 5 Ways to Wellbeing

Take note and see how you can put these into positive, conscious action for your wellbeing. These 5 simple intentions can fit into your life however and whenever you need them.

### Connect

Focus on each conversation, value your relationships or reach out to someone you haven't spoken to for a while.

### Be active

Remember to move regularly throughout your day, every day.

### Take notice

When you're walking, notice the smells, the sounds and the people around you.

### Keep learning

Read an interesting article, or find out something new about another person.

### Give

Time, small gifts, advice or help. Anything!

Think about what each way means to you and how it could make a difference.

If you'd like further support or just need to chat, please reach out to the Vitae team. Our workplace wellbeing programme offers confidential counselling for employees. You can contact us any time through our freephone line, email or website. We'll be in touch within 24 hours to help get you back on the road to wellbeing.

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### Contact

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