

5 WAYS TO WELLBEING

CONNECT

BUILD MEANINGFUL RELATIONSHIPS

Feeling connected to others helps us feel supported, valued, and less alone.

Even small moments of connection can make a big difference.

TIPS

- Call or message someone you trust
- Join a group program
- Make time for a chat (even 5 minutes)
- Smile or say hello to someone new
- Ask for support when you need it

TALK & LISTEN



STAY IN TOUCH



YOU'RE NOT ALONE



COMMUNITY MATTERS



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5 WAYS TO WELLBEING

BE ACTIVE

MOVE YOUR BODY, BOOST YOUR MOOD

Physical activity helps reduce stress, improve mood, and increase energy. It doesn't have to be intense—every movement counts.

TIPS

- Go for a short walk
- Stretch in the morning
- Put on music and dance
- Take the stairs
- Try something new (yoga, gardening etc.)



MOVE MORE



GET OUTSIDE



BOOST YOUR ENERGY



SMALL STEPS MATTER



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5 WAYS TO WELLBEING

KEEP LEARNING

GROW YOUR MIND

Learning new things builds confidence, gives a sense of achievement, and keeps your mind active and engaged.

TIPS

- Try a new hobby
- Learn a new recipe
- Take a short course or workshop
- Ask questions
- Set small learning goals



TRY SOMETHING NEW



BUILD CONFIDENCE



STAY CURIOUS

LEARN AT YOUR OWN PACE



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5 WAYS TO WELLBEING

BE AWARE

BE PRESENT WITH YOURSELF AND OTHERS

Being aware means noticing your thoughts, feelings, and surroundings—while also being mindful of how your words and actions impact others.

Small moments of awareness can create calmer minds and kinder connections.

TIPS

- Notice your thoughts and feelings without judgement
- Notice 5 things you can see
- Spend time in nature
- Show kindness in small everyday interactions
- Reflect at the end of the day on what went well
- Take a few deep breaths



NOTICE THE MOMENT



WORDS MATTER



BREATHE & SLOW DOWN



MINDFULNESS



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5 WAYS TO WELLBEING

GIVE BACK

KINDNESS MAKES A DIFFERENCE

Helping others creates a sense of purpose, strengthens connections, and boosts your own wellbeing.

TIPS

- Help a friend or neighbour
- Volunteer your time
- Share a kind word
- Donate or share what you can
- Check in on someone

KINDNESS



SMALL ACTS MATTER



MAKE A DIFFERENCE



VOLUNTEER YOUR TIME



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