## Use the five ways to wellbeing













## Source:

Adapted from Five Ways to Wellbeing – Mental Health Foundation of New Zealand https://mentalhealth.org.nz/five-ways-to-wellbeing

View full image (391 KB)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current

