

GIVE

Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time.



Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding

Take your first step

You might not need hospital or medical care every day but you do need public health every day.

To learn more about public health and the steps you can take to keep safe and well, visit sahealth.sa.gov.au/protectingpublichealth.

THE 5 WAYS TO WELLBEING

As life becomes busier, we're realising how important it is to protect our mental health and wellbeing. The 5 Ways to Wellbeing are an easy way to improve your mental wellbeing no matter where you are or what time it is and in a way that suits you.



Get Healthy

Get Healthy is a free telephone coaching service that supports you to take steps towards healthy eating, getting active and reaching a healthy weight.



Call 1300 806 258 today.
No referral is needed.

public health week 2019

STEP TOWARDS HEALTHY WITH
5 WAYS TO WELLBEING
CONNECT • BE ACTIVE • TAKE NOTICE
KEEP LEARNING • GIVE



KEEP LEARNING

Try something new. Learn to play an instrument or how to cook your favourite food.



Learning new things will make you more confident as well as being fun

TAKE NOTICE

Be curious. Catch sight of the beautiful. Savour the moment. Be aware of the world around you and how you are feeling.



Reflecting on your experiences will help you appreciate what matters to you

BE ACTIVE

Go for a walk, cycle, play a game, garden or dance. Discover a physical activity you enjoy.



Exercising makes you feel good

CONNECT

With family, friends, colleagues and neighbours. At home, work, school or in your local community.



Building these connections will support and enrich you every day

public health week 8-12 April 2019



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Government
of South Australia

SA Health