public health week
8-12 April 2019
STEP TOWARDS HEALTHY WITH
5 WAYS TO WELLBEING
CONNECT • BE ACTIVE • TAKE NOTICE
KEEP LEARNING • GIVE
To learn more about public health and the steps you can take to keep safe and well, visit sahealth.sa.gov.au/protectingpublichealth
STEP TOWARDS HEALTHY WITH 5 WAYS TO WELLBEING

CONNECT
> Talk to someone instead of sending an email
> Speak to someone new
> Put five minutes aside to find out how someone is and really listen when they tell you
> Give a colleague a lift to work or share the journey home with them

BE ACTIVE
> Take the stairs not the lift
> Go for a walk, cycle or play a game
> Get off the bus one stop earlier than usual and walk the final part of your journey
> Do some ‘easy exercise’, like stretching, before you start your day
> Walk to someone’s desk instead of calling or emailing

TAKE NOTICE
> Catch sight of the beautiful
> Be aware of the world around you and how you are feeling
> Take notice of how your family, friends and colleagues are feeling or acting
> Be curious and savour the moment
> Visit a new place for lunch

KEEP LEARNING
> Find out something about your colleagues
> Sign up for a class
> Read the news or a book
> Learn a musical instrument
> Research something you’ve always wondered about

GIVE
> Volunteer at your local council or community group
> Help a neighbour with some jobs in their garden or yard
> Do something nice for a stranger or family or friend
> Thank someone
> Smile

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