

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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