

# WINNING WAYS TO WELLBEING



## Take Notice - Me aro tonu

*Remember the simple things that give you joy  
me aro tonu ki ngā mea māmā noa i ngākau harikoa ai koe.*

We shouldn't underestimate how differently children see and interact with the world around them. Our rubbish is their treasure, a slug can be a friend, and stick them under a duvet with a torch and it's a whole new universe.

This also means that their surroundings have a real impact on their well-being. So while we would all like to go on holiday more often, day trips to different types of places can be just as good. These could include farms, local forests, the coast, even different parts of town can all help them to spread out and enjoy a more varied environment. The ability to live in the moment also turns out to be an important factor in their well-being. So as parents, it's important to nurture this quality rather than discourage it. It's not easy especially when the clocks ticking and we are busy, but it's good to keep in mind.

Encouraging them to pay attention to their feelings and showing them how to process their emotions in a positive way is probably one of the most valuable lessons you can pass on to your children. Research has shown that valuing their thoughts and ideas is one of the sure ways of helping them to make real changes in their lives.

Taking notice means: Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are out walking, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

- What you can do every day. Stop for a while; take 10 mindful breaths in and out, calming the body and mind, then simply rest where you are noticing everything that is going on around you. This practice incorporates four keys aspects of mindfulness training:

### Stopping      Calming      Resting      Noticing

- Take the time to give a special thank you to people who support you every day.
- When you go for a walk notice all the sounds you hear.
- Start a photo diary of a particular favourite place. It could be landscapes, a person, or pet and make an album.
- Take the opportunity to sit quietly in a busy place like an airport or a mall and notice the interactions between people.
- Savour the special moments, don't rush, just take the time to enjoy.
- Each day write down three things you are grateful for, it's a great way to bring happiness to your day ☺