

WINNING WAYS TO WELLBEING



Keep Learning – me ako tonu

Embrace new experiences – awhitia te wheako hou,
see opportunities – kimihia nga ara hou,
Surprise yourself – me ohore koe i a koe ano

Learning, remaining curious and setting goals is important for all ages. For children, it leads to positive cognitive and social development, while for adults it can lead to improvements in self-esteem, social interaction and a more active and involved life. It has also been shown to be effective in preventing depression in later years. Adult learning in particular includes elements of goal-setting, which is strongly associated with higher levels of wellbeing. This is particularly true when goals are self-generated, positively focused and align with personal values. Learning is more than just an activity for formal education. It can include any approaches to maintaining curiosity and an enquiring mind.

Try something new or rediscover an old interest. Sign up for that course or take on a different responsibility at work/school. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun. Seek out new experiences and dare yourself.

- Learn something you don't know about the area in which you live by checking out the local notice boards for interesting talks and events.
- Write your bucket list – then try something you have always wanted to do but never actually done!
- Start learning a musical instrument. How about the guitar or the keyboard?
- Find and try out a new recipe for a meal, cake or dessert.
- Commit to identifying a new plant every day for a year – in Maori and Latin.
- Visit the local public library and see what new books, mags and talks they have.
- Discover the name of the iwi, hapu, maunga and awa of the place you live.
- Memorise a new word every week. Practice using it among friends and family.
- Learn another language. E korero ki a koe Maori? Parlez-vous francais?
- Pass on any of the latest research you find that relates to your professional or sector.
- Get your friends/colleagues to bring their favourite non-fiction book to school/work for a book swap -learn about a new topic and your friends/colleagues' interests at the same time.