

**GIVE
TUKUA**



**Nāu te rourou,
nāku te rourou,
ka ora ai te iwi**

*With my food basket, and your food
basket, the people will thrive*

For more information about MHAW, check out Pūtahi Hauora,
the Defence Health Website, www.health.nzdf.mil.nz/your-health/mind/mhaw

GIVE TUKUA

Giving makes us feel good.
Carrying out acts of kindness,
whether small or large, can increase
happiness, life satisfaction and
general sense of wellbeing.



★ **Challenge of the day:**

Random acts of kindness: Perform random acts of kindness, such as paying for a friend or colleague's coffee or helping a stranger in need.

Express gratitude: Take a moment to express your appreciation to someone who has made a positive impact on your life.

Active listening: Take time to kōrero/talk with your team mate, peer or whānau, and really listen. It might make all the difference to their day.

Offer a compliment: Give someone a genuine compliment. It can brighten their day and boost their self-esteem.

Share knowledge: If you possess expertise in a certain area, share your knowledge with someone who could benefit from it.

How will you give to others today?

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