

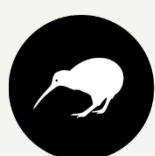


**CONNECT  
ME  
WHAKAWHANAUNGA**

**Ki te kotahi te kākaho,  
ka whati; ki te kāpuia,  
e kore e whati**

*If a reed stands alone it can be  
broken, in a group it cannot*

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



TE OPE KĀTUA O AOTEAROA  
**DEFENCE FORCE**

**MHAW** 20  
23  
Mental Health  
Awareness Week

Strong relationships with others are an essential part of building resilience and boosting wellbeing.

**CONNECT  
ME  
WHAKAWHANAUNGA**



## ★ **Challenge of the day:**

**Morning greetings:** Start the day by greeting your hoamahi/colleagues with a friendly “mōrena/good morning.” A simple smile and acknowledgment sets a positive tone.

**Celebrate achievements:** Acknowledge and celebrate team/unit achievements, no matter how small, to foster a sense of camaraderie and accomplishment.

**Collaborative problem-solving:** Encourage open discussion and collaboration within your team/unit to create a sense of ownership.

**Check in:** Ask a friend, whānau member or hoamahi what the best thing about their day was, and listen with interest as they respond.

**Device free evening:** Have a whānau WIFI, TV and phone free evening and dust off some cards or board games.

## **How will you connect with others today?**

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