

YOUNG VINNIES  
CHRISTCHURCH



# Wellbeing

## Introduction to the five ways to wellbeing

Our worksheets are just activity and learning-based, for more comprehensive information and for support please head to <https://www.mentalhealth.org.nz/> or call a helpline such as Youthline at 0800 376 633

The New Economics Foundation conducted a review of the most up-to-date evidence and found that building five actions into day to day lives is important for the wellbeing of individuals, families, communities and organisations (<https://www.mentalhealth.org.nz/home/ways-to-wellbeing/>). These five ways to wellbeing were introduced in 2009 during the Mental Health Awareness week.

With recent changes to our daily lives, we can conduct these five ways to wellbeing within our own lockdown 'bubbles'.

If you would also like to keep up-to-date with Young Vinnies, see suggested videos and readings, positive quotes and connect with others, you can follow our Facebook pages Christchurch Vinnies and Vinnies Youth Christchurch.



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What are the five ways to wellbeing?

1. Connect, me whakawhanaunga
2. Give, tukua
3. Take notice, me aro tonu
4. Keep learning, me ako tonu
5. Be active, me kori tonu

According to <https://www.mentalhealth.org.nz/home/ways-to-wellbeing/>,  
"You can introduce any of these actions into your life, any time, and you will begin to feel the benefits."

Question:

What are some ways you can introduce the five ways to wellbeing into your life?

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**How can I use my time to learn more about  
St. Vincent de Paul?**

Over the coming weeks we will be producing worksheets for each of the ways to wellbeing with specific focus on the charism of our organisation. For now, here are a few exercises and things that you can do to begin this journey.

Learn:

Head to our local website at <https://www.svdpchch.co.nz/>

Write down five things that you have learned from the website.

- 1.
- 2.
- 3.
- 4.
- 5.

What did you find particularly interesting about what you have found?



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## Watch:

Children:

St Vincent de Paul a man with a mission.

<https://www.youtube.com/watch?v=hHaZkHxn3fU&t=25s>

Family, youth and parents:

A Heart on Fire 400 Years Ago Shaped Our Church Today

<https://vinformation.org/en/a-heart-on-fire-400-years-ago-shaped-our-church-today-video-series/>

Vinnies Australia-

We are the St Vincent de Paul Society

<https://www.youtube.com/watch?v=ZeVC8l65wSs&t=27s>

Consider the works of the Society of St. Vincent de Paul in your own community.  
Who do they help?

What do you already know?

What would you like to know?



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### Give

Give your time and positive words to those who are in your 'bubble'.

For example, try to help with something around the house.

You could give your time and wash the dishes after every meal, or do something like play a board game with the family...

You might also want to try and give positive words to those around you. :)

### Take Notice

Being mindful of what is immediately happening can be a great way to take notice and appreciate the little things (<https://www.mentalhealth.org.nz>).

Take some time out of your day to 'take notice'.

What is something in your 'bubble' that you might not have noticed before?

Once you have found an item try to focus on it and draw it below.



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**Be Active**

As we are currently in isolation consider some interesting new ways that you can stay active.

List ways that you might be able to stay active inside:

How could you stay active in a space that is one metre squared?

What is something you could do with those you are isolated with?



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**Connecting through prayer**

One way that we can connect with others is through prayer.  
Consider what you might want to pray for at the moment:

Who could we pray for in our own families and communities?

What about within New Zealand?

Who might we pray for in the world currently?

Why might you pray for these people?

Write your own prayer below:

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