



MENTAL HEALTH AND WELLBEING TOOLKIT

TOOLBOX TALK FIVE WAYS TO WELLBEING – TAKE NOTICE



Paying more attention to the present moment, to thoughts and feelings and to the world around us can boost our wellbeing.

Using **ATTENTION** to increase awareness, concentration, and focus on the current moment and the task at hand, has been shown to improve wellbeing and mood.

These are skills that can give us greater creativity, accuracy and productivity.

Becoming more aware of the present moment means noticing the sights, smells, sounds and tastes we're experiencing, as well as the thoughts and feelings that occur from one moment to the next. It's about reconnecting with the world around us, appreciating the little things and savouring the moment.

Examples of ways we can NOTICE are:

- Listen to your favourite music
- Take a break from digital devices
- Single task – do one thing at a time
- Try a mindfulness technique
- Plan to look up at the night sky
- Notice signs of the season changing
- Practice gratitude
- Sit quietly in a garden or park

QUESTION:

What other ways can you think of that support the TAKE NOTICE way of wellbeing? (ask participants)

Activity for today:

- Promote the Five Ways to Wellbeing Photo Competition. One winner will receive a \$500 Red Balloon Voucher – see details on the poster.