



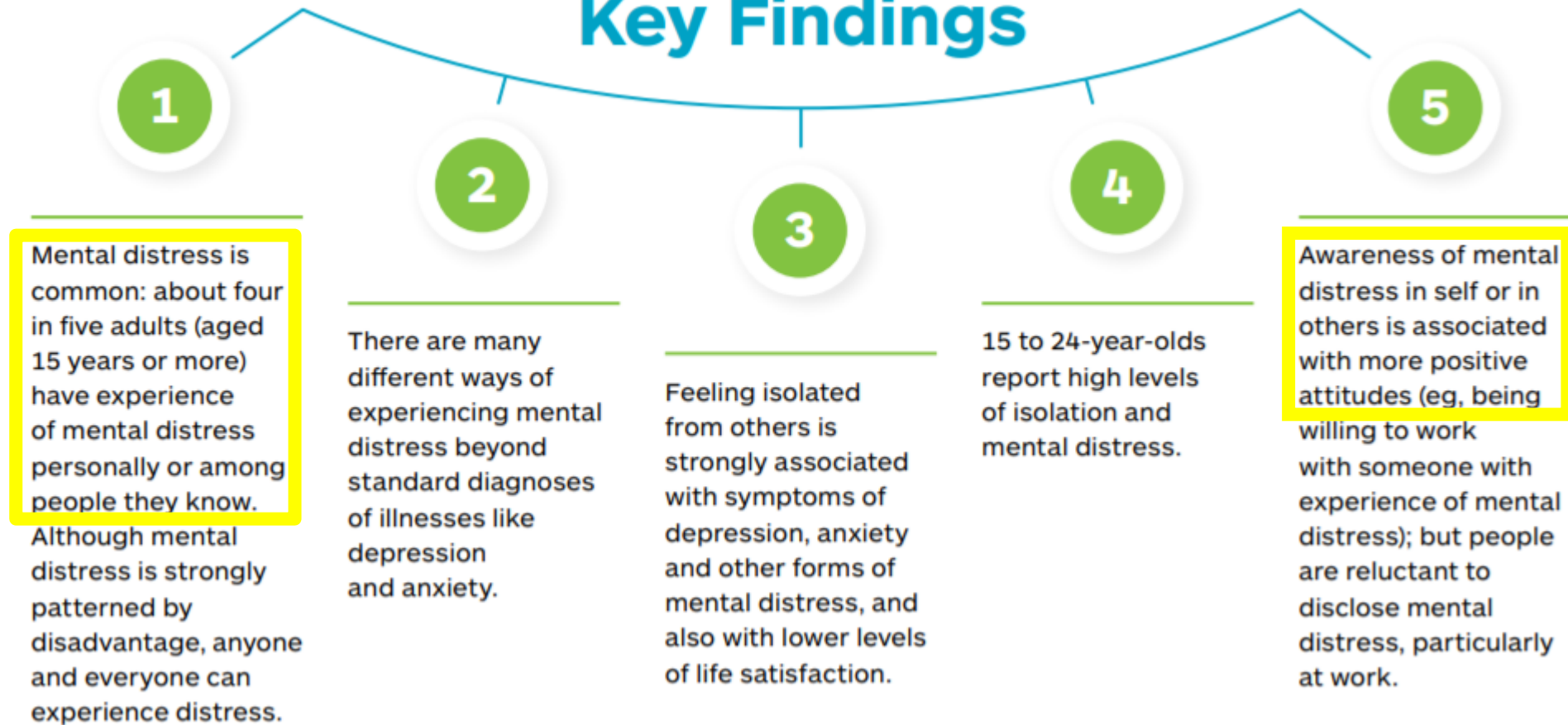
The future of you

The science behind your wellbeing

Wellbeing & Mental Distress in Aotearoa

SNAPSHOT 2018

Key Findings



Rate your current wellbeing



0

Helpless/
Depressed



2

Sad/
Doubtful



4

Unhappy



6

Satisfied



8

Joyful



10

Exuberant

The good news.....



Prioritise social connection

HAPPIER PEOPLE HAVE MORE CONNECTIONS WITH OTHERS



Hello Stranger

Don't hide from it, sit & process it

HAPPIER PEOPLE ARE PRESENT WITH THEIR EMOTIONS



Recognise
Accept
Investigate
Nurture

Give to others

HAPPIER PEOPLE GIVE THEIR TIME & MONEY TO OTHERS



Make time for gratitude every day

HAPPIER PEOPLE EXPRESS THEIR GRATITUDE



Don't forget the basics

EXERCISE & SLEEP



GOODNIGHT
SLEEP TIGHT

Turn to a stranger....

What is the ONE thing that you are going to do differently to support your wellbeing?

The Future of You.....

BUILD POSITIVE DAILY HABITS

*Hello
Stranger*



Recognise
Accept
Investigate
Nurture

*Today I am
Grateful
for...*



Thank you!

Marija Potter
I/O Psychologist
Vice President of Workforce Design, Fuel50

