

**TAKE NOTICE  
ME ARO  
TONU**



**He oranga ngākau,  
he pikinga waiora**

*Positive feelings in your heart  
will raise your sense of self worth*

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)

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

## ★ **Challenge of the day:**

**Focused breathing:** Take a few minutes to pay attention to the sensation of your inhale and exhale. You can find helpful guided breathing exercises on the Headspace and ResCo apps.

**Body awareness:** Conduct a slow scan of your body from head to toe, noticing any tension, discomfort, or sensations as you go.

**Journaling without judgment:** Jot down your thoughts and feelings without evaluating them. This can help you become more aware of your emotions and thoughts in the present moment.

**Gratitude reflection:** Think about three things you're thankful for right now. These could be as simple as the warmth of sunlight or the taste of your morning kawhe/coffee.

**Music appreciation:** Listen to your favourite music with undivided attention. Notice the different instruments, melodies, and rhythms.

## **How will you take notice today?**

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