



ip by (name) from (location)	Body: be active 9	Body: be active	<b>Body:</b> be active undercover card
	Walk More Move More. tip by Chris from Mareeba	Take time to walk in the garden in bare feet in the morning. tip by Mike from Ipswich	Next time you're under pressure remember to: Create some space for physical activity, try some deep breathing, a good laugh, a walk or an early morning swim.
pledge to try this tip:	pledge to try this tip:	pledge to try this tip:	return this card to the bottom of the Body deck
ip by (name) from (location)	() Mind: keep learning	( Mind: keep learning 10	Mind: keep learning undercover card
	Make time to meditate or listen to music. tip by Janet from Brisbane	Sugar cravings – try "raw treats" instead. tip by Meg from Queensland	Next time you're feeling stressed remember to: Breathe deeply, approach problems as challenges, allow an extra half an hour for everything on your 'to-do' list, set aside 1 say a week for rest and relaxation,
pledge to try this tip:	pledge to try this tip:	pledge to try this tip:	return this card to the bottom of the Mind deck









Talk to family

about a family

tree. Draw one.

tip by Eileen

from Queensland

pledge to try this tip:

now today this week

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When was the last time you did something for the first time? - do something for the first time.

> tip by Linda from Queensland

pledge to try this tip: now today this week

Mind: keep learning **`**@



Next time you For food cravings, drink a glass of water then see if you are still craving.

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tip by Jyleen from Atherton

pledge to try this tip: now today this week have a party with friends introduce a brain teaser to activate your guests' minds and create discussion.

> tip by Bobby from Queensland

pledge to try this tip: now today this week

Think of something you love doing and make sure you make time to do it regularly.

> tip by Linsey from Queensland

pledge to try this tip: now today this week Eat yoghurt to improve gut Health.

> tip by Tanya from Queensland

pledge to try this tip: now today this week

Mind: keep learning



**Share and** exchange favourite healthy recipes and tips.

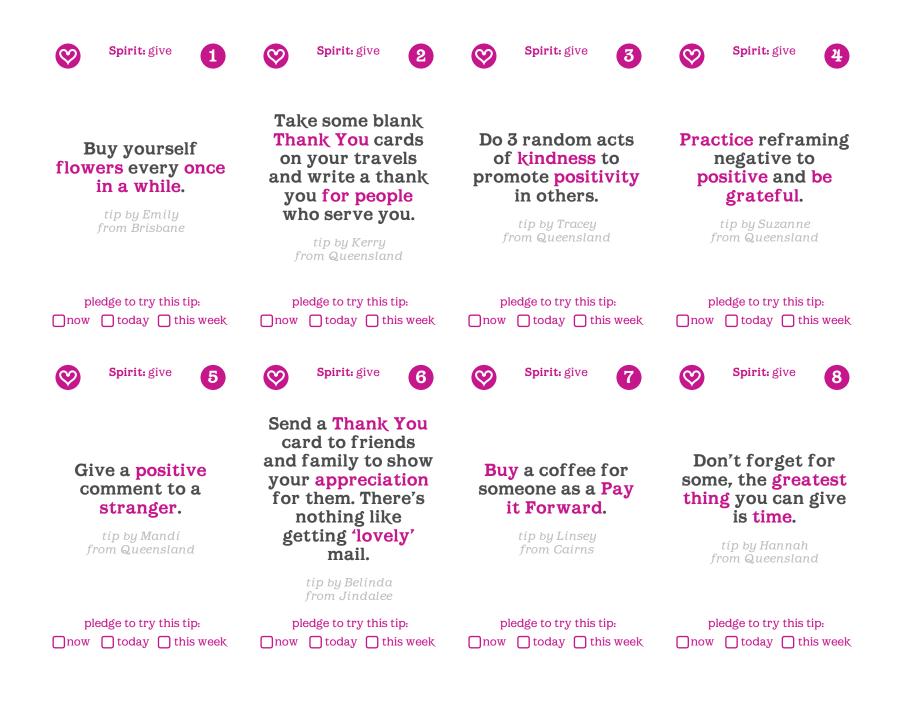
> tip by Michelle from Queensland

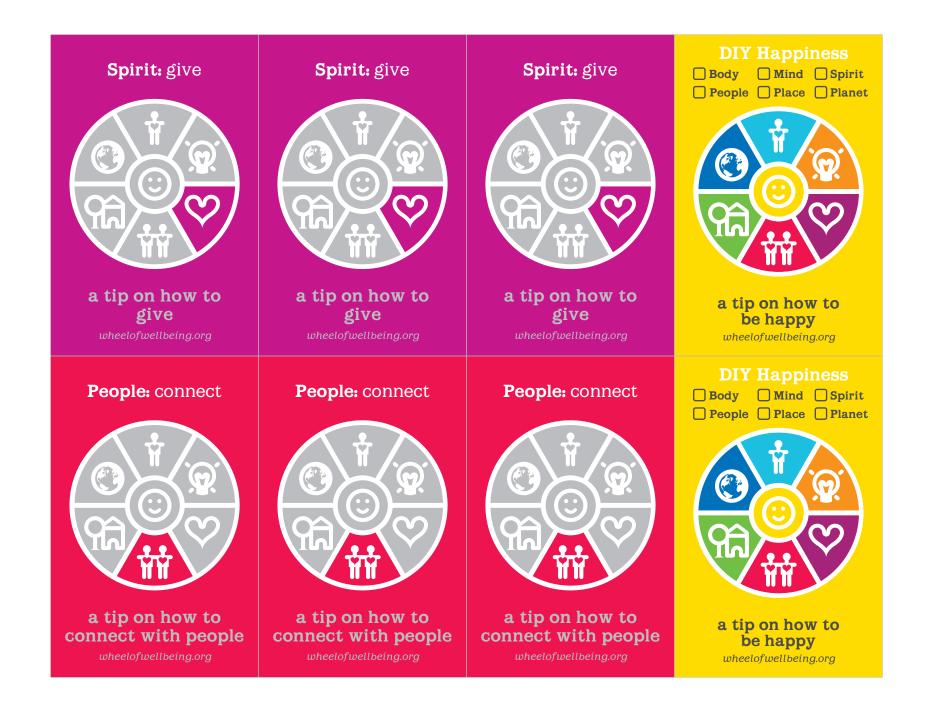
pledge to try this tip: now today this week **Keep learning** – Learn a new language or musical instrument.

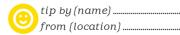
tip by Suzie from Queensland

pledge to try this tip: now today this week











Wave to the

person who lets

you merge into

their lane.

tip by the WOW Team





Look at pics on

your phone and

think of the happy

moments.

tip by Donna

from Queensland

pledge to try this tip:

now today this week





Spirit: give undercover card

Next time you're feeling isolated remember to: Do something nice. thank someone, volunteer your time, look out as well as in, seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.

return this card to the bottom of the Spirit deck

> **People:** connect undercover card

Next time you're feeling lonely remember to: Contact friends. family and colleagues. share time and interests with them, spend time with them at home. work, school or in the community. smile at the people around you.

return this card to the bottom of the **People** deck

from Queensland pledge to try this tip: pledge to try this tip: now today this week now today this week

tip by (name) .... from (location).....



Be open to spontaneous interactions with

others. You never

know where they

may lead.

tip by the WOW Team

from Queensland

pledge to try this tip: now today this week

pledge to try this tip: now today this week

Turn your phone off when catching up with a friend. **Appreciate the** moment.

> tip by Meg from Queensland

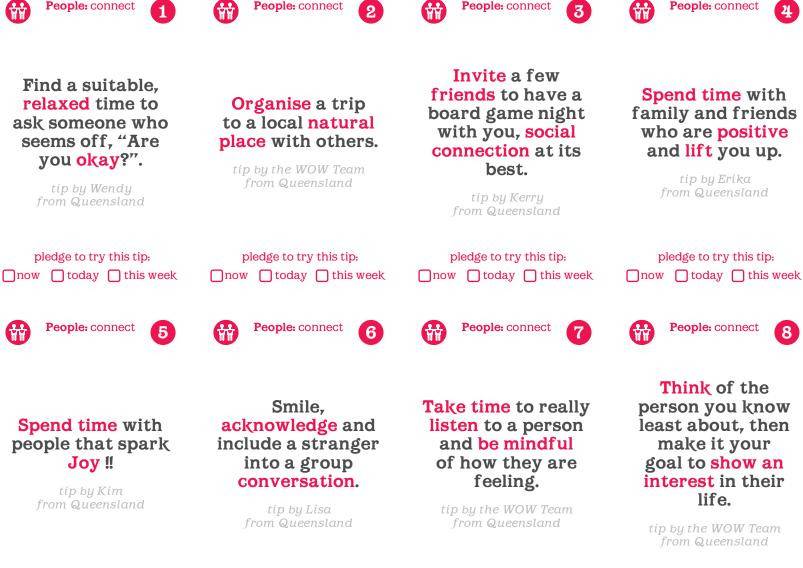
pledge to try this tip: now today this week



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People: connect
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pledge to try this tip: now today this week

pledge to try this tip: now today this week

pledge to try this tip: now today this week least about, then make it your goal to show an interest in their life.

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tip by the WOW Team from Queensland

pledge to try this tip: now today this week









**Appreciate a** 

sunrise/sunset at

least once a week.

tip by Cathy

from Queensland



Move your body

and spend time

focusing on how it

feels.

tip by Meg

from Queensland

pledge to try this tip:







Live below your means and value people, and relationships and not material items.

> tip by Chrissy from Queensland

pledge to try this tip: now today this week

5











"Insight Timer"

from Jindalee

pledge to try this tip: now today this week

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Place: take notice 8

**Take time** each day to appreciate the beautiful natural surroundings.

tip by the WOW Team from Queensland

Take a moment to breathe and ask yourself - 'How do I choose to respond".

> tip by Jyleen from Atherton

Give yourself a quiet moment when you get home to calm/ reflect before starting home activities.

> tip by Justine from Queensland

pledge to try this tip: now today this week

Take your shoes off, feel the grass, lay on the grass, look at the sky and take three deep breaths.

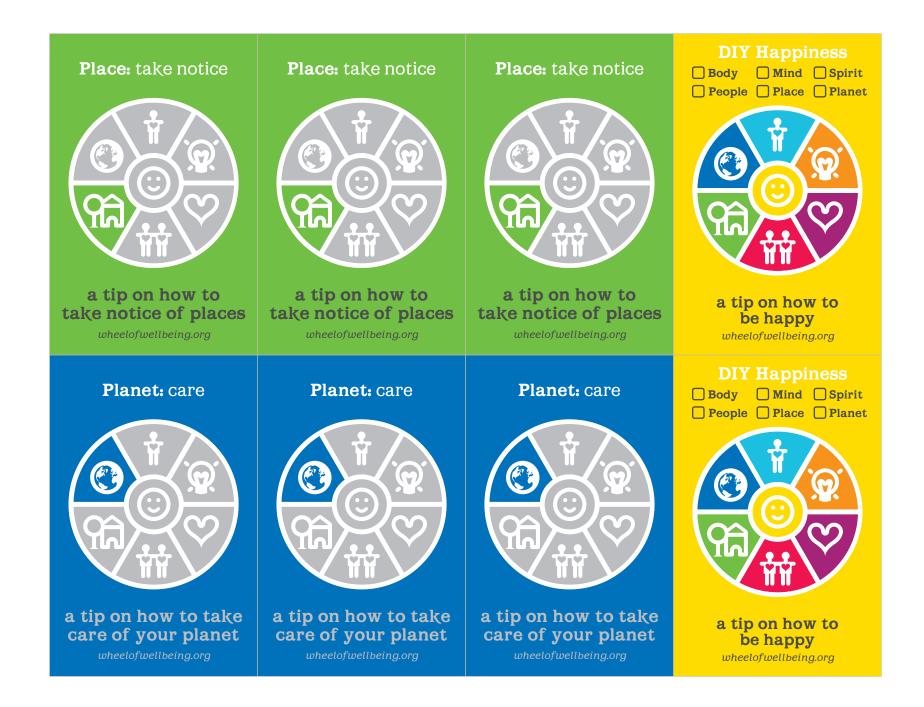
> tip by Steve from South Brisbane

pledge to try this tip: now today this week



pledge to try this tip: now today this week

pledge to try this tip: now today this week now today this week



tip by (name) ..... from (location) .....



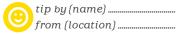


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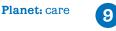
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tip by Karren from Queensland

pledge to try this tip: pledge to try this tip: now today this week  $\bigcap$  now  $\bigcap$  today  $\bigcap$  this week









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**Place:** take notice

**Dedicate a small** 

amount of time

each day to sit

and reflect so life

doesn't slip by

when it's too busy.

tip by Stacey from Queensland

pledge to try this tip:

now today this week

**Teach** children to

care for their own

little "patch of

dirt". Teach them

to notice nature.

tip by Therese

from Queensland

Planet: care 10



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Place: take notice undercover card

Next time you're feeling overwhelmed remember to: Take notice of the buildings, people, nature and animals around you, look up at the sky, look out of windows. take earphones out. think about what you're seeing, hearing, smelling, tasting, feeling.

return this card to the bottom of the **Place** deck

> Planet: care undercover card

Next time you stop caring for the planet remember that: Every small action helps, many small actions make a big difference, once you do something a few times it becomes a good habit.

return this card to the bottom of the **Planet** deck

pledge to try this tip: now today this week

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**Compost & recycle** 

to reduce waste.

tip by Donna

from Queensland

pledge to try this tip:  $\square$  now  $\square$  today  $\square$  this week

