

Body: be active



**a tip on how to
be active**

wheelofwellbeing.org

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Body: be active

1

Try out **strength** training to improve **mood** and build **confidence**.

*tip by Suzie
from Queensland*

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



Body: be active

2

Having **positive** posture – Change your posture, **changes** your **emotions**.

*tip by the WOW Team
from Queensland*

pledge to try this tip:
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Body: be active

3

Stop, Breathe, **feel** tension leave when **breathing** out.

*tip by Michael
from Brisbane*

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



Body: be active

4

Swim – Simply **being in water** tends to **lower** your blood pressure.

*tip by Sandy
from Bundaberg*

pledge to try this tip:
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Body: be active

5

Put on **music** when preparing dinner, doing dishes.

*tip by the WOW Team
from Queensland*

pledge to try this tip:
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Body: be active

6

Plan an active **activity** weekly with a friend. Look forward to it and **enjoy** the activity.

*tip by the WOW Team
from Queensland*

pledge to try this tip:
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Body: be active

7

Adequate **sleep** – download a free **mindfulness** app and use **before** bed for a **mindful sleep**.

*tip by Donna
from Sandgate*

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



Body: be active

8

Sleep 8 hours per night. Make your bedroom a place of **rest**: no TV!

*tip by Amanda
from Townsville*

pledge to try this tip:
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DIY Happiness

☐ Body ☐ Mind ☐ Spirit
☐ People ☐ Place ☐ Planet



**a tip on how to
be happy**

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Mind: keep learning



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tip by (name)
from (location)

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pledge to try this tip:

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tip by (name)
from (location)

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Body: be active

9

**Walk More
Move More.**

*tip by Chris
from Mareeba*

pledge to try this tip:

☐ now ☐ today ☐ this week



Mind: keep learning

9

**Make time to
meditate or listen
to music.**

*tip by Janet
from Brisbane*

pledge to try this tip:

☐ now ☐ today ☐ this week



Body: be active

10

**Take time to walk
in the garden in
bare feet in the
morning.**

*tip by Mike
from Ipswich*

pledge to try this tip:

☐ now ☐ today ☐ this week



Mind: keep learning

10

**Sugar cravings –
try “raw treats”
instead.**

*tip by Meg
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



Body: be active
undercover card

**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.

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



Mind: keep learning
undercover card

**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 day a week
for rest and relaxation,
keep it simple.

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

Mind: keep learning



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Mind: keep learning

1

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

2

Talk to family about a **family** tree. Draw one.

*tip by Eileen
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



Mind: keep learning

3

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



Mind: keep learning

4

Eat yoghurt to **improve** gut **Health**.

*tip by Tanya
from Queensland*

pledge to try this tip:

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Mind: keep learning

5

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

*tip by Jyleen
from Atherton*

pledge to try this tip:

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Mind: keep learning

6

Next time you 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:

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Mind: keep learning

7

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

*tip by Michelle
from Queensland*

pledge to try this tip:

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Mind: keep learning

8

Keep **learning** – Learn a new **language** or musical **instrument**.

*tip by Suzie
from Queensland*

pledge to try this tip:

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Spirit: give



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Spirit: give

1

Buy yourself
flowers every **once**
in a **while**.

*tip by Emily
from Brisbane*

pledge to try this tip:
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Spirit: give

2

Take some blank
Thank You cards
on your travels
and write a thank
you **for people**
who serve you.

*tip by Kerry
from Queensland*

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



Spirit: give

3

Do 3 random acts
of **kindness** to
promote **positivity**
in others.

*tip by Tracey
from Queensland*

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



Spirit: give

4

Practice reframing
negative to
positive and **be**
grateful.

*tip by Suzanne
from Queensland*

pledge to try this tip:
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Spirit: give

5

Give a **positive**
comment to a
stranger.

*tip by Mandi
from Queensland*

pledge to try this tip:
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Spirit: give

6

Send a **Thank You**
card to friends
and family to show
your **appreciation**
for them. There's
nothing like
getting '**lovely**'
mail.

*tip by Belinda
from Jindalee*

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



Spirit: give

7

Buy a coffee for
someone as a **Pay**
it Forward.

*tip by Linsey
from Cairns*

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



Spirit: give

8

Don't forget for
some, the **greatest**
thing you can give
is **time**.

*tip by Hannah
from Queensland*

pledge to try this tip:
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Spirit: give



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DIY Happiness

- ☐ Body ☐ Mind ☐ Spirit
☐ People ☐ Place ☐ Planet



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be happy**

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People: connect



**a tip on how to
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People: connect



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tip by (name)
from (location)

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pledge to try this tip:

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tip by (name)
from (location)

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pledge to try this tip:

☐ now ☐ today ☐ this week



Spirit: give

9

**Wave to the
person who lets
you merge into
their lane.**

*tip by the WOW Team
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



People: connect

9

**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



Spirit: give

10

**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



People: connect

10

**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



**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

People: connect



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People: connect



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People: connect

1

Find a suitable, **relaxed** time to ask someone who seems off, “Are you **okay**?”.

*tip by Wendy
from Queensland*

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



People: connect

2

Organise a trip to a local **natural place** with others.

*tip by the WOW Team
from Queensland*

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



People: connect

3

Invite a few **friends** to have a board game night with you, **social connection** at its best.

*tip by Kerry
from Queensland*

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



People: connect

4

Spend time with family and friends who are **positive** and **lift** you up.

*tip by Erika
from Queensland*

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



People: connect

5

Spend time with people that spark **Joy** !!

*tip by Kim
from Queensland*

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



People: connect

6

Smile, **acknowledge** and include a stranger into a group **conversation**.

*tip by Lisa
from Queensland*

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



People: connect

7

Take time to really **listen** to a person and **be mindful** of how they are feeling.

*tip by the WOW Team
from Queensland*

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



People: connect

8

Think of the person you know least about, then make it your goal to **show an interest** in their life.

*tip by the WOW Team
from Queensland*

pledge to try this tip:
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Place: take notice



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take notice of places**

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Place: take notice

1

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



Place: take notice

2

Appreciate a sunrise/sunset at least **once a week**.

*tip by Cathy
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



Place: take notice

3

Move your body and **spend time** focusing on how it **feels**.

*tip by Meg
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



Place: take notice

4

“Insight Timer” has a huge range of **free**, great guided **meditations**, even some for **just two minutes**.

*tip by Belinda
from Jindalee*

pledge to try this tip:

☐ now ☐ today ☐ this week



Place: take notice

5

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

*tip by the WOW Team
from Queensland*

pledge to try this tip:

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Place: take notice

6

Take a moment to **breathe** and ask yourself – ‘How do I choose to respond’.

*tip by Jyleen
from Atherton*

pledge to try this tip:

☐ now ☐ today ☐ this week



Place: take notice

7

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



Place: take notice

8

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

Place: take notice



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Place: take notice



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Place: take notice



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DIY Happiness

- ☐ Body ☐ Mind ☐ Spirit
☐ People ☐ Place ☐ Planet



**a tip on how to
be happy**

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Planet: care



**a tip on how to take
care of your planet**

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Planet: care



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Planet: care



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tip by (name)
from (location)

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pledge to try this tip:

☐ now ☐ today ☐ this week



tip by (name)
from (location)

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pledge to try this tip:

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Place: take notice

9

Play a rainforest
soundtrack in
the background,
sounds of running
water, frog calls
and distant bird
calls is **very**
calming.

*tip by Karren
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



Planet: care

9

Compost & recycle
to **reduce waste**.

*tip by Donna
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



Place: take notice

10

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



Planet: care

10

Teach children to
care for their own
little "patch of
dirt". **Teach** them
to notice **nature**.

*tip by Therese
from Queensland*

pledge to try this tip:

☐ now ☐ today ☐ this week



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

Planet: care



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care of your planet**

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Planet: care



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Planet: care



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Planet: care



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Planet: care



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Planet: care



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Planet: care

1

Plant a green screen instead of putting up a fence for privacy.

*tip by Jenny
from Queensland*

pledge to try this tip:
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Planet: care

2

Make your own cleaning products from usual items in your kitchen.

*tip by Di
from Queensland*

pledge to try this tip:
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Planet: care

3

Place a plant in your office. Take in the goodness.

*tip by Toni
from Queensland*

pledge to try this tip:
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Planet: care

4

Reuse things – Jars, bags, water bottles etc.

*tip by Meg
from Queensland*

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



Planet: care

5

Start a compost for food scraps.

*tip by Jenny
from Queensland*

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



Planet: care

6

If we treat the Earth well and nurture it, it will treat us well and nurture us.

*tip by Margaret
from Queensland*

pledge to try this tip:
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Planet: care

7

Take your reusable bags with you wherever you go.

*tip by Stacey
from Queensland*

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



Planet: care

8

Install a rainwater tank.

*tip by Linda
from Queensland*

pledge to try this tip:
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