

晦hoi1屋vug5下ha4 隔gog5离li2时si2候hêu4如yü4何ho2保bau3持ci2身sen1心xim1健kian4康kong1

睇ngai2等dén1人ngin2在coi1好hau3个gê4时si2候hêu4都d1不bud5能nén2够gêu4一yid5直ced6照zau4顾gu4好hau3自ci2家ga1,更gên4唔m2定tin4个gê4情qin2况kuo3下ha4,如vi2果guo3睇ngai2等dén1人ngin2一yid5定tin4爱oi4待toi4在coi1屋vug5下ha4来loi2减gam3少sau3冠guon4状cong4病piang4毒tug6的did5传con2播bo1,睇ngai2等dén1爱oi4样ngiong4般ban1样yong4做zou4呢ni2?

欸é3‘五n3种zung4身sen1心xim1健kian4康kong1个gê4方fong1法fab5’介giai4绍sau4欸é3五n3种zung4通tung1过guo4大tai4量liang4国guo5际ji4研yan1究giu4得déd5出cud5个gê4方fong1单dan1有yui1效hau4个gê4方fong1法fab5来loi2加ga1强kiong2心xim1理li1同tung2情qin2感gam3个gê4健kian4康kong1,欸é3兜deu1可ko3以yui1帮bong1助zou6你n2生sang1活fad6得déd5又yui1过guo4快kuai4乐log6捞lau1长cong2久giu2还han2有yui1帮bong1助zou6你n2处cu4理li1压abs力lid6。

每mil1一yid5只zag5人ngin2都du1可ko3以yui1在coi1屋vug5家ka1‘试si4下ha4欸é3五n3种zung4方fong1法fab5’。佢gi2唔m2会voi4花fa1你n2一yid5分fen1钱qièn2捞lau1佢gi2比bi3你n2想xiang3象xiang4中zung1爱oi4简jian3单dan1。

又yui1过guo4快kuai4乐log6个gê4人ngin2可ko3以yui1多doui活fad6 7.5年ngian2呀ya1!

五n3种zung4身sen1心xim1健kian4康kong1

个gê4方fong1法fab5



保bau3持ci2自ci2 觉gog5

坚gian1持ci2 学hog6习xib6

同tung2人ngin2保bau3 持ci2联lién2系xi4

帮bong1助zou6佢gi2 他ta1人ngin2

保bau3持ci2活fad6 跃yog5

tide6别piéde6注zhu4意yi4个gê4种zung4感gam3觉gog5

» 在coi1手su3机ji1软ngion1件kian4上song4做zou4冥min2想xiang3个gê4活fad6动tung4

» 每mil1日ngid5出cud5f1门mun2慢man4慢man4散san4步pu4,看kon4看kon4公gong1园yan2捞lau1自ci2家ga1社sa1区ki1周zhou1围wei2(如vi2果guo3允yun1许xi3个gê4话wa4)...留liu2下ha4来loi2以yui1后hêu4看kon4

» 如yi2果guo3你n2每mil1日ngid5可ko3以yui1做zou4欸é3兜deu1小xiau3活fad6动tung4,你n2会voi4感gam3觉gog5更gên4加ga1平pin2静jing4,还han2有yui1当dong1你n2觉gog5得déd5烦fan2躁zou4个gê4时si2候hêu4,可ko3以yui1加ga1强kiong2你n2处cu4理li1欸é3兜deu1个gê4能nén2力lid6。

帮bong1助zou6佢gi2他ta1人ngin2

大tai4部pu4分fen1人ngin2都du1会voi4同tung2意yi4帮bong1助zou6佢gi2他ta1人ngin2本bun3身sen1就giu4系hé4件kian4好hau3事si4。而vi2且qia3研yan1究giu4表biau3明min2佢gi2还han2可ko3以yui1增zên4强kiong2你n2个gê4身sen1心xim1健kian4康kong1,帮bong1助zou6佢gi2他ta1人ngin2增zên4加ga1了liau3睇ngai2等dén1人ngin2捞lau1睇ngai2等dén1帮bong1助zou6佢gi2他ta1人ngin2个gê4快kuai4乐log6,增zên4加ga1人ngin2生sang1个gê4满man1足zug1感gam3,带dai4来loi2一yid5种zung4人ngin2生sang1个gê4意yi4又ngi4,提ti2高gau1技ki1能nén2个gê4感gam3觉gog5捞lau1提ti2高gau1睇ngai2等dén1个gê4情qin2绪xi4,减gam3轻kian1压abs力lid6。

另lang4外ngo4,佢gi2也yui1可ko3以yui1帮bong1助zou6睇ngai2等dén1人ngin2忘wong4记gi4自ci2家ga1个gê4烦fan2恼nao3!

当dong1睇ngai2等dén1人ngin2都du1待toi4在coi1屋vug5家ka1个gê4时si2候hêu4,睇ngai2可ko3以yui1样ngiong4般ban1样yong4来loi2帮bong1助zou6佢gi2他ta1人ngin2呢ni2!

» 在coi1每mil1日ngid5结giat5束cug5个gê4时si2候hêu4检giam3查das5看kon4看kon4你n2屋vug5家ka1个gê4每mil1一yid5只zag5人ngin2

» 打da3电tién4话wa4分fun1你n2需xi1要yau4支zi1持ci2捞lau1陪pi2伴pan4个gê4亲qin1戚cid2或fed6者za3朋pén2友yui1

» 主zu3动tung4帮bong1助zou6佢gi2他ta1人ngin2完van2成sen2顶dong4目mug5

» 在coi1你n2当dong1地di4个gê4社sa1区ki1做zou4线xién4上song4志zhi4愿ngian4服fug5务wu4

» 保bau3持ci2活fad6跃yog5—当dong1你n2认ngin4识sed5个gê4人ngin2有yui1需xi1要yau4个gê4话wa4,跟gên1佢gi2等dén1坐co4下ha4来loi2,听ting4佢gi2等dén1讲gong3,捞lau1尽jin4自ci2家ga1能nén2力lid6去hi4帮bong1佢gi2等dén1

» 整zen3理li1好hau3自ci2家ga1后hêu4,也yui1可ko3以yui1帮bong1佢gi2等dén1人ngin2做zou4家ga1务wu4!

» 尽jin4可ko3能nén2地did5多doui教gau1你n2细xié4佬lau1哥go1生sang1活fad6技ki1能nén2

» 在coi1你n2重zung2新xin1去hi4买mai1生sang1活fad6用yung4品pin3个gê4时si2候hêu4,可ko3以yui1帮bong1你n2邻lin2居ji1补bu3充cui1需xi1要yau4个gê4东dung1西xi1

花fa1时si2间gian1帮bong1助zou6佢gi2等dén1人ngin2个gê4人ngin2会voi4获fug5得déd5更gên4好hau3个gê4身sen1心xim1健kian4康kong1一包bau1括guad5降gong4低dai1血hied5压abs力lid6捞lau1更gên4加ga1长cong2命ming4。

挑tiau3战zan4

标biau1上song4@ MovingFeastVic 分fen1享hiang3你n2个gê4创chuang4方fang1法fab5来loi2保bau3持ci2身sen1心xim1健kian4康kong1

同tung2人ngin2保bau3持ci2联lién2系xi4

同tung2朋pén2友yui1,屋vug5家ka1人ngin2捞lau1佢gi2他ta1人ngin2发fad5展zan3亲qin1近jin4个gê4关guan1系xi4捞lau1社sa1交gou1,对dui4身sen1心xim1健kian4康kong1系hé4重zung1要yau4,扩kuo3大tai4你n2个gê4社sa1交gou1圈kian1捞lau1在coi1又yui1过guo4宽kong1广guang3个gê4社sa1群qun2内nei4部bu4培pei3养yong1关guan1系xi4也yui1对dui4你n2个gê4身sen1心xim1健kian4康kong1好hau3重zung1要yau4。

就giu4算son4睇ngai2爱oi4捞lau1佢gi2他ta1人ngin2保bau3持ci2距ki1离li2,睇ngai2又yui1样ngiong4般ban1好hau3来loi2保bau3持ci2联lién2系xi4呢ni2!

» 捞lau1你n2个gê4家ga1人ngin2一yid5起hi3食sed6夜ya4,唔m2爱oi4开koi1电tién4祝si4

» 坐co4在coi1你n2可ko3以yui1看kon4到dau3绿liug6树su4挂ced6物vud6个gê4地di4方fong1

» 花fa1时si2间gian1陪pi2你n2个gê4变zung3物vud6捞lau1动tung1物vud6

» 大tai4声sang1谈tug6故gu4事si4界bei2对dui4方fong1听ting4

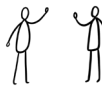
» 邀yau1请qiang3朋pén2友yui1在coi1电tién4话wa4上song4一yid5起hi3‘散san4步pu4聊liau2天tién1’(就giu4算son4只zed5系hé4在coi1走zou3廊lang2爬pa2上song4爬pa2下ha4—散san4步pu4聊liau2天tién1断don4真zen1有yui1用yung4!)

» 开koi1办pan4线xién4上song4只zag5晚wan3饭fan4派pai4对dui4,你n2可ko3以yui1打da3开koi1视si4频pin2会fai4议ngi4个gê4时si2候hêu4—yid5起hi3食sed6饭fan4

» 搞gao3—yid5杯bi1茶ca2个gê4同tung2时si2捞lau1你n2朋pén2友yui1/亲qin1戚cid2讲gong3电tién4话wa4,捞lau1你n2—yid5起hi3饮yim3茶ca2

» 写xia3—yid5封fung1电tién4邮yu2或fed6者za3书su1信xin4分fun1朋pén2友yui1或fed6者za3系hé4亲qin1戚cid2

人ngin2类lei4系hé4通tung1过guo4联lién2系xi4有yui1种zung4连lién2接jia5同tung2归gui1属shug6感gam3。



保bau3持ci2活fad6跃yog5

保bau3持ci2活fad6跃yog5可ko3以yui1增zên4加ga1你n2个gê4好hau3心xim1情qin2,保bau3持ci2你n2健kian4康kong1个gê4体ti3重zung4,增zên4加ga1你n2个gê4肌gi1肉niug5,加ga1多doui你n2个gê4肌gi1肉niug5,看kon4上song4去hi4又yui1过guo4靚liang4或fed6者za3延yan2迟ci2好hau3多doui疾qid6病piang4个gê4发fa1生sang1!

总zung3体ti3来loi2讲gong3保bau3持ci2活fad6跃yog5唔m2难nan2,唔m2贵gui4但tan4如yi2果guo3你n2不

bud5能nén2够gêu4出cud5f1门mun2,建gian4议ngi4你n2

坚gian1持ci2每mil1日ngid5 60分fen1钟zung1强kiong2烈liéd6个gê4活fad6动tung4或fed6者za3系hé4加ga1强kiong2肌gi1肉niug5个gê4运yun4动tung4,佢gi2系hé4只zag5挑tiau3战zan4。

想xiang3法fab5有yui1:

» 出cud5f1门mun2去hi4散san4步pu4或fed6者za3跑pu3步pu4(如yi2果guo3欸é3个gê4系hé4捞lau1健kian4康kong1医yi1疗liau2机gi1构gou4/政zen4府fu2个gê4建gian4议ngi4—yid5样yong4个gê4话wa4)。唔m2爱oi4忘wong4记gi4带dai4上song4你n2个gê4狗giu3!

» 随sui2心xim1跳tiau4舞wu3

» 参can1加ga1网miong3上song4身sen1体ti3运yun4动tung4个gê4挑tiau3战zan4。(比bi3方fong1:俯fu3卧ngo4撑cang1)

» 爬pa2楼léu2台toi2上song4下ha4 20次ci4(甚sem4至zhi4在coi1小xiau3段ton4个gê4楼léu2台toi2上song4)

» 修xiu1草cau3坪piang2,捡giam3落log6叶yab6,或fed6者za3捡giam3起hi3落log6在coi1大tai4院yan4地di4落log6个gê4细xié4树su4枝zi1

» 做zou4 60秒miau3个gê4跳tiau4绳sun2

» 捞lau1屋vug5家ka1人ngin2—yid5起hi3做zou4拉la1伸shen1运yun4动tung4

» 借jia3助zou6网miong3上song4瑜yu2伽ga1/运yun4动tung4视si4频pin2

» 如yi2果guo3你n2唔m2系hé4常song2常song2做zou4运yun4动tung4,可ko3以yui1选xién3小xiau3活fad6动tung4同tung2每mil1日ngid5做zou4好hau3几gi3次ci4,慢man4慢man4来loi2增zên4加ga1。

坚gian1持ci2学hog6习xib6

人ngin2类lei4tai4tai4脑nau3系hé4可ko3以yui1重zung2新xin1连lién2接jia5翻fan1新xin1佢gi2自ci2家ga1—yid5直ced6到dau4中zung1年ngian2,整zen3合hab6几gi3十seb6年ngian2个gê4经gin1验ngiam4同tung2行hang2为vi2。学hog6新xin1个gê4东dung1西xi1可ko3以yui1好hau3有yui1趣qi4,提ti2高gau1睇ngai2等dén1人ngin2个gê4有yui1心xin4心xim1,自ci2尊zun1心xim1,帮bong1助zou6睇ngai2等dén1人ngin2找zau3到dau4生sang1活fad6个gê4意yi4又ngi4,还han2有yui1捞lau1佢gi2他ta1人ngin2连lién2接jia5。

晦hoi1屋vug5下ha4可ko3以yui1做zou4脉mag5个gê4呢ni2?

» 试si4下ha4做zou4新xin1菜coi4

» 在coi1网miong3上song4看kon4‘样ngiong4般ban1样yong4做zou4’个gê4视si4频pin2

» 帮bong1助zou6佢gi2他ta1人ngin2做zou4作zoug5业ngiab6

» 在coi1网miong3上song4参can1观guan1博bog5物vud6馆guon3或fed6者za3艺ngi4术sed6展zan3览lam4

» 每mil1日ngid5做zou4智zhi4力lid6游yu2戏hi4,测céd5试

si4或fed6者za3填tién2字zi4游yu2戏hi4

» 听ting4感gam3兴xing1趣qi4个gê4播bo1客hak5节jiéd5目mug5或fed6者za3看kon4书su1

» 问mun4佢gi2等dén1人ngin2个gê4兴xing1趣qi4爱oi4好hau3还han2有yui1让yong4佢gi2等dén1分fun1你n2看kon4

» 找zau3个gê4兜deu1网miong3上song4取zi2业ngiab6发fa1展zan3个gê4资zi1料liau4

» 睇ngai2等dén1人ngin2活fad6到dau4老lao3,学hog6到dau4老lao3!

保bau3持ci2自ci2 觉gog5

保bau3持ci2有yui1意yi4识sed5系hé4好hau3重zung1要yau4个gê4—yid5只zag5技ki1能nén2因yin1为vi4它ta1提ti2高gau1你n2保bau3持ci2冷lang1静jing4个gê4能nén2力lid6,减gam3少sau3压abs力lid6,帮bong1助zou6你n2想xiang3得déd5清qing1楚ci3,帮bong1你n2更gên4好hau3地di4处cu4理li1困kun4难nan2,提ti2升sen1你n2个gê4情qin2绪xi4同tung2减gam3轻kian1担dan1心xim1,焦jiau1虑li4捞lau1抑yie4郁yug6。

时si2常song2留liu2意yi4睇ngai2等dén1人ngin2个gê4感gam3觉gog5,想xiang3法fab5捞lau1情qin2绪xi4,连lién2续xiug6多doui年ngian2都du1表biau3明min2可ko3以yui1增zên4强kiong2你n2个gê4身sen1心xim1健kian4康kong1!捞lau1佢gi2系hé4无mo2任yin1何ho2化hi4学hog6药yog6品pin3个gê4副fu1作zoug5用yung4。

唔m2管gun3所so3在coi1个gê4空kung1间gian1系hé4大tai4或fed6者za3小xiau3,睇ngai2等dén1人ngin2都du1可ko3以yui1完van2成sen2欸é3个gê4,只zed5要yau4睇ngai2等dén1人ngin2肯kén3花fa1时si2间gian1。

欸é3个gê4做zou4起hi3来loi2比bi3听ting4上song4去hi4还han2简jian3单dan1!

» 提ti2醒xiang3自ci2家ga1留liu2意yi4你n2自ci2家ga1个gê4想xiang3法fab5,心xim1情qin2捞lau1身sen1体ti3感gam3觉gog5,还han2有yui1你n2周zhou1围wei2个gê4世si4界gia1

» 当dong1你n2行hang2路lu4个gê4时si2候hêu4,留liu2心xim1空kung1气hi4从cong2你n2个gê4面mién4捞lau1身sen1体ti3流liu2过guo4个gê4感gam3觉gog5

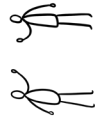
» 慢man4慢man4食sed6饭fan4,留liu2意yi4东dung1西xi1个gê4味mi4道tau4

» 保bau3持ci2写xia3感gam3谢xiè4日ngid5记gi4—每mil1日ngid5记gi4下ha4个gê4兜deu1让yong4你n2感gam3谢xiè4个gê4事si4情qin2

» 选xién3—yid5只zag5植ced6物vud6或fed6者za3细xié4个gê4树su4苗miao2,每mil1日ngid5都du1去hi4看kon4佢gi2—注zhu4意yi4观guan1察das5佢gi2个gê4变bién4化fa4捞lau1成sen2长zhong2

» 当dong1你n2洗sè3手su3个gê4时si2候hêu4,爱oi4特

# 喔ngai2自ci2家ga1/庭tin2个gé4如yü4何ho2生sang1存cun2度tu4过guo4下ha4周zu1个gé4计gi4划vag6



同tong2人ngin2保bau3持ci2  
联lien2系xi1

保bau3持ci2活huo6跃yue5

坚jian1持ci2学xue2习xi1

保bau3持ci2清qing1醒xing3

帮bang1助zhu2 ge4 ta1 ren  
ngin2

<p>喔ngai2今jin1下xia4做zuo4脉mai3个ge4? gè4?</p>					
<p>唯ngai2想xiang3爱ai4改gai3变bian4野ye5 或he2者zhe4做zuo4多duo1点dian3野ye5? yè5?</p>					
<p>在zai3每mei1只zhi3方fang1面mian4唯wei ngai2可ke3以yi1做zuo4个ge4下xia4一yi5 步bu4系xi1 lie4脉mai3个ge4来lai2开kai1 shi3?</p>					

## WHO TO CALL IF YOU NEED HELP

LIFELINE	13 11 14
KIDS HELPLINE	1800 551 800
MENSLINE	1300 789 978
BEYOND BLUE	1300 224 636
DIRECT LINE ALCOHOL & DRUG SUPPORT	1800 888 236
CORONAVIRUS HOTLINE	1800 675 398

## REFERENCES

Evidence for '5-Ways to Wellbeing' draws on some of the best available international research about mental capital and mental wellbeing through life for the UK government's Foresight Project on Mental Capital and Wellbeing, published in 2008 by the New Economics Foundation. It synthesised research from 400 international scientists and explored the challenges for improving mental wellbeing of the whole population. In 2012 North West Area Mental Health Services, a part of the Royal Melbourne Hospital, together with local organisations reviewed this evidence in the Australian context and local supporting research evidence. <https://5waystowellbeing.org.au/>