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Assessment: MGMT101 Reflective Journal 2

Word Count:

Question: **During our final lecture of Week 6, we discussed the 'Five ways to wellbeing' framework. Reflecting on this framework\*, discuss how you could use the framework to increase your own wellbeing or wellbeing of a family/whānau member or a friend/flat mate.**

The five ways to wellbeing framework helps with the wellbeing of people. Using these 5 strategies can greatly help your own wellbeing. These 5 ways are Connect; to talk and listen, Give; to give your time, words or presence, Keep learning; Embrace new experiences and opportunities, Take notice; to remember the small things that brings you joy and Be Active; Do what you can and enjoy.

One strategy I could use from this framework to increase my own wellbeing is Be Active. Going for a run or even just a walk each day would help improve my mental wellbeing and my physical wellbeing. Being active isn’t about being as fit as you can and competing in marathons but doing something at your own pace and enjoying it. After a long day of writing essays or writing code, stepping back and taking a walk in fresh air can help, it can reduce stress and calm down.

Another strategy I could use is Connect. Messaging my brother who has been living overseas for 4 years more will help improve my wellbeing. Positive social interactions make us feel happy, connected and secure and increase your sense of belonging and strengthening personal wellbeing. Messaging my brother more will strengthen our relationship and improve my wellbeing, especially when I’m feeling down or having problem, I have someone to talk to.