



WHEN DID YOU LAST GET CAUGHT UP IN THE MOMENT?

It's the simple things that bring us joy.

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WHEN WAS YOUR LAST MATE DATE?

Catching up with mates
is awesome - even when
times are tough.

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TRIED SOMETHING A LITTLE DIFFERENT LATELY?

Having a go at something
new builds confidence and
a healthy mind.

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WHEN DID YOU LAST GET YOUR SWEAT ON?

Exercise is a proven pick-me-up
– even a little bit helps a lot.

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A cartoon illustration of a young boy with curly brown hair, wearing a green t-shirt, a yellow safety vest with reflective stripes, purple pants, and brown boots. He is holding a yellow traffic cone with reflective stripes. The background is a dark blue night sky with a yellow crescent moon, several yellow stars, and a shooting star. In the distance, there are silhouettes of houses. The overall scene is peaceful and contemplative.

WHEN WAS YOUR LAST MOMENT OF WONDER?

Sometimes the quietest
moments can really
change our perspective.

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HAD A
GOOD
BOOGIE
LATELY?

Everyone needs to let their
hair down now and then.

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WHEN DID YOU LAST SHOW A LITTLE LOVE?

It's the little things that really make a difference to our family and friends.

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