



**Psychology Week 2024**

**13th - 19th May**

# **Pathways to Peace and Wellbeing**

## **While Working With Others**

### **1. Listen**

Dedicate at least 10 minutes each day to actively listen to a colleague.

### **2. Communicate**

Start each day by setting clear priorities for yourself, and then share these with your team.

### **3. Support**

Seek opportunities to get something done together and to share knowledge with others.

### **4. Care**

Take short breaks throughout your day. A short walk outside or a stretch away from your desk to reenergize and reset your mindset.

### **5. Accept**

Reframe challenges as opportunities to grow and learn.

**Find more local and online events at:**  
**[psychology.org.nz/public/psychology-week](https://psychology.org.nz/public/psychology-week)**