

“ Farming, like professional rugby, is a job with plenty of challenges and rewards. There’s always ups-and-downs.

That’s why you’ve got to look after yourself. Investing in your wellbeing means you will have some to draw on when you are under pressure. It will also make you healthier and more productive on the farm.

International research found that people who thrive had five things in common. The key is to lock them in as small, but regular improvements, so they become a habit.

The Five Ways to Wellbeing have made a huge difference to my life. ”

**Sam Whitelock**  
Farmstrong Ambassador



Find out what works for you then lock it in.

“ To farm well, you need to live well. That’s where the Five Ways to Wellbeing come in. I’ve made these part of my life and I encourage you to do the same. ”

**Sam Whitelock**  
Farmstrong Ambassador

[farmstrong.co.nz](http://farmstrong.co.nz)

Founding Partners



Strategic Partner



Join me and lock in the **Five Ways to Wellbeing**

Sam Whitelock  
FARMSTRONG  
AMBASSADOR





# 1.

Making friends and spending time with your mates makes a big difference to how you feel. Even when life is busy, try and make it a priority. The rewards will be huge.



# 2.

Take notice of the small things in life that make you happy. Each day take a few extra moments to stop and appreciate the good things that are happening for you.



# 3.

When you give to others, not only do they benefit, but it also makes you feel a lot happier. Consider ways you can give back to the people around you and don't forget about yourself too.



# 4.

Being curious and learning new things on or off the farm, will help you farm smarter. At whatever age learning new things, keeps your thinking open and flexible.



# 5.

Keeping active is a great way to feel good. Working up a sweat releases endorphins that make you feel fresher and better able to cope with challenges.

