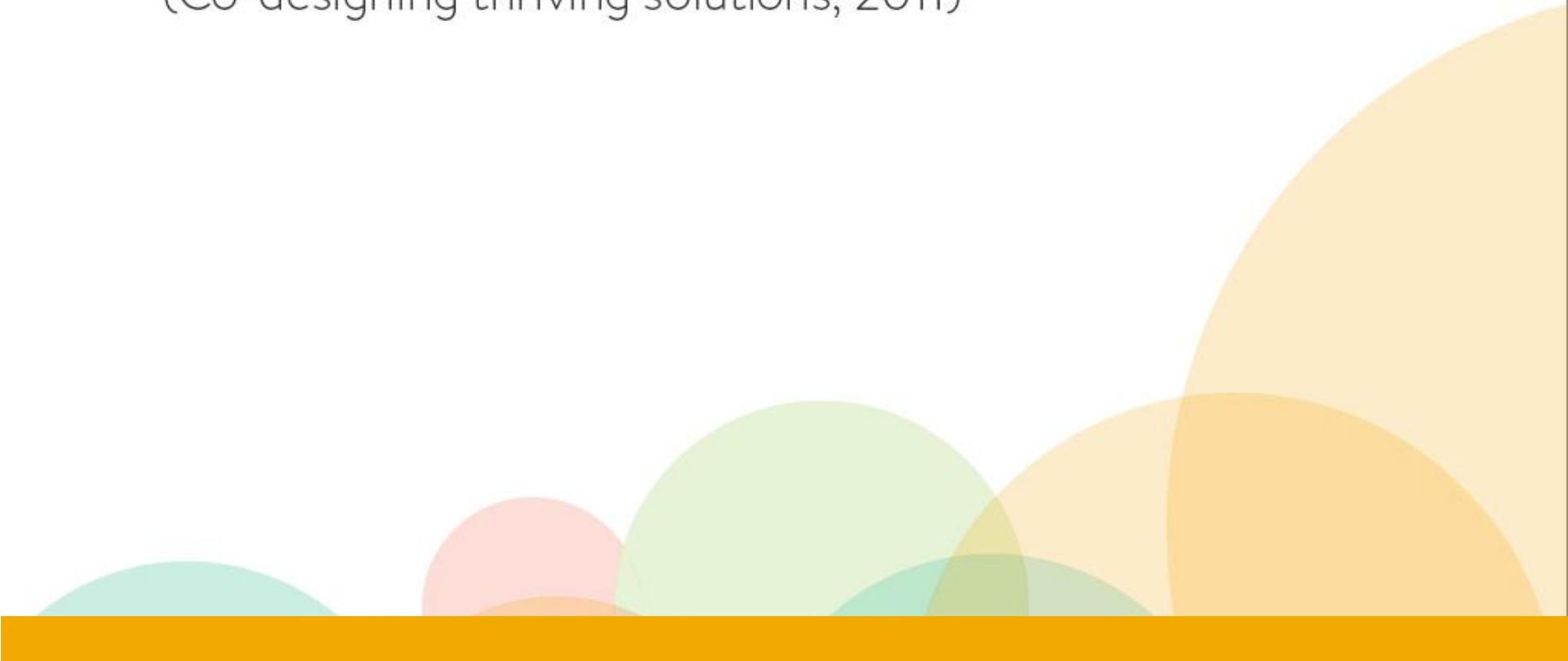




Co-design involves engaging consumer, users, practitioners, and policymakers to develop new kinds of solutions, with the idea that this will result in better outcomes.

(Co-designing thriving solutions, 2011)



Creativity

regular

Please this card...
• fruit & veg → fresh fruit is so good for you
→ healthy
→ need to focus on veges, for my health & immunity
→ eat more fresh & seasonal fruit & veges
→ healthy body, healthy mind, healthy soul

HEALTH
WELLBEIN
NATURE

• Learning (peer support)
• Life Goals (prioritize)
• travel - exploration

- Intuitive action guided by nature
- Simplicity out of complexity how?
- Importance of community for wellbeing

Community
- organise catch ups
- opportunities do con with others
- Share stories
- Discussion points
- Spending time

in nature
→ mindfulness
→ activities
→ exercise - walk
- Healthy eating
→ how to use what
→ meal planning

mastery
empowering