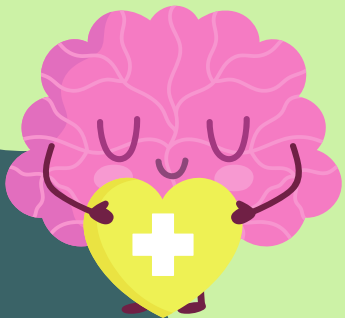


**KI TE WĀTEA TE
HINENGARO, ME TE
KAHA RERE O TE
WAIRUA, KA TĀEA NGĀ
MEA KATOA**

**WHEN THE MIND IS
FREE AND THE SPIRIT IS
WILLING, ANYTHING IS
POSSIBLE**



REACH OUT

Mana o te Tangata Trust
Call 06 358 5444

Lifeline
Call 0800 543 354 or text 4357

Youthline
Call 0800 376 633 or text 234

Depression Helpline
Call 0800 111 757 or text 4202

Samaritans
Call 0800 72 66 66

**WAIHO I TE TOIPOTO,
KAUA I TE TOIROA**

**LET US KEEP CLOSE
TOGETHER, NOT FAR
APART**

TIPS TO BOOST YOUR MENTAL WELLBEING

ētahi tuwhiritanga ki
te whakangako I to
painga



These tips may seem small but, if you stick with them, they can make a big difference to your wellbeing

- **Eat regularly and drink water.** Cut back on caffeinated drinks as this can trigger anxiety. Eating regularly and drinking plenty of water helps boost energy levels!
- **Get regular exercise.** A 30 minute walk is all you need to boost your mood and stay healthy. If you can't do 30 minutes, any small amount will do.



- **Get some sleep.** Try and get into a routine when it comes to going to sleep. **Limit screen time an hour before bedtime, turn off cellphones, computers etc.**



- **Try a relaxing activity.** Meditation, colouring in, reading a book, arts and crafts, puzzles, journaling or listening to music. Make time in your day for something relaxing.
- **Focus on positivity.** Find time to write down everything positive you can think of in your life.
- **Be Thankful.** In the morning or at the end of the day, write down everything you are thankful for, big or small!
- **Set new goals for yourself.** Start off small with things such as: "Today I will go for a walk around the block" or "I will have a shower." Every little goal counts. Make the next goal slightly bigger. If you don't complete your goal remember you can try again tomorrow.



- **Reach out and connect.** Remember it's okay to ask for help, talk to whānau, friends and services.
- **Look after your physical health.** Wash your face, brush your teeth, have a bath or a shower, brush your hair. All of these little things can increase your mood and have a positive impact on how you see yourself. It's okay to have days where we sit at home in our PJs, but remember, by simply brushing our hair and teeth and having a shower, we can feel ready to take on the day, even if we haven't got anything planned.
- **Put it all together!** Take everything you've read and create a routine. Get up, have breakfast, take a shower, brush your teeth and hair, write down what you're thankful for, then do something relaxing! It doesn't have to be this particular routine, but it's a start!

