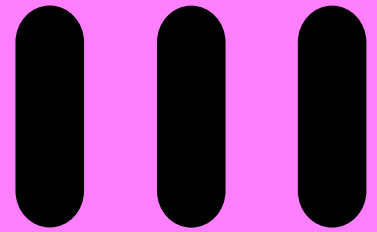


WELLBEING / HAUORA



What it is. Why it is important

The Mental Health Foundation of NZ says “Wellbeing means we have the tools, support and environments we need to be who we are and to build and sustain lives worth living.” Wellbeing covers mental as well as physical wellbeing and therefore physical health and mental health should be considered when looking at how we can improve ourselves holistically.

Where to start

Support resources to access

Many different support services can be found in the Student Handbook. Below are some more prominent contact details

- **ACS Counselling**
Free and confidential support students with any concern regarding wellbeing. The contact details are found in every Monday Post, within Kāpehu or register through this [link](#).
- **Healthline** 0800611 116
- **Lifeline** 0800 543 354
- **Need to Talk:** Free call or text 1737
- **Suicide Crisis Helpline** 0508 828 865



Self-guided resources

- **Healthify** [LINK](#) A huge range of information to support self-care before seeing the medical profession
- Utilising the frameworks and the resources below



Frameworks to consider

Frameworks allow you to consider all aspects with your life to build and support wellbeing. These frameworks are used by health practices, policy makers and the general population. Look at the frameworks on the next page and consider which one resonates with you. Then think what you could do every day to ‘tick off’ the components. Use the external links to discover simple actions you can do.

Te Whare Tapa Wha

Developed by Ta Sir Mason Durie in 1984. It describes health and wellbeing as a whareniui with four walls.

Standing on the whenua, is a whareniui with

- Taha wairua – spiritual health
- Taha tinana – physical health
- Taha whānau – family/whānau health
- Taha hinengaro – mental health

[LINK](#) for more details and actions around the 4 taha.



Fono Fale

Created by Fuimaono Karl Pulotu-Endemann in 1984. The model is represented by a fale with key elements in a holistic bubble.

Standing on the Fa'avae (foundation of family) are the four pou of

- Fa'aleagaga (spiritual),
- Fa'aletino (physical),
- Mafaufau (mental) and
- Isimea (other)

All covered by the Falealuga (roof) within the Time, environment and Context cocoon.

[Link](#) for more details



5 Ways to Wellbeing

Representing a range of options that can suit individual needs, doing these 5 simple actions can build resilience and boost your wellbeing.

- Connect – Me Whakawhanaunga
- Keep learning – Me Ako tonu
- Be Active – Me kori
- Give – Tukua
- Take notice – Me aro tonu

[Link](#) for more details and actions and resources

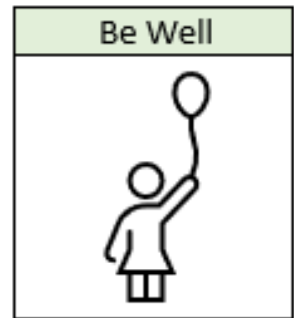


Recharging the batteries...

Using the frameworks above, there are thousands of ways to bring a smile, rejuvenate a tired body/mind and uplift those spirits. Here are a few thoughts and links to get you started.

Be Well

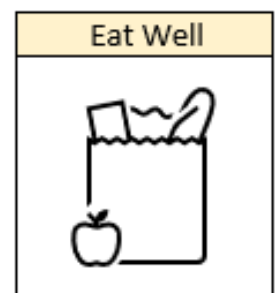
- ♥ Dance like no one is watching
- ♥ Create a small routine that you can follow.
- ♥ Schedule some time for your hobby.
- ♥ Do some mindful breathing or exercises.
- ♥ Pull some weeds in the garden, prune the trees, scrub the paths.
- ♥ Find some videos to follow – yoga, tai chi, general fitness.
- ♥ Time yourself walking around the block – can you get faster?
- ♥ Wear something you haven't worn in a while – just because.
- ♥ Tidy somewhere – bathroom cupboard pantry, wardrobe.
- ♥ Be outside taking in the greens and blues of the world. Maybe have a picnic in the park.
- ♥ Visit a place that calms and centres you or read the source of inspiration for you.
- ♥ Do a charitable activity. Donate clothing you don't wear or towels/bedding to the local animal shelter.
- ♥ Justify an hour or an afternoon off as the way to improve your wellbeing; don't feel guilty.
- ♥ Have a cuppa with whānau, friends, family, either physically or remotely. Or talk to your pets or plants about your day.
- ♥ Take the time to investigate a strategy that works for you and trial it for 2 weeks.
- ♥ Subscribe to somewhere that does a daily feed of inspirational quotes, cute animal pics, stunning locations of the world, pretty flowers, cool cars.
- ♥ Utilise livecams such as explore.org, to be a window into the world.



Eat Well

1. What part of your body uses the most energy? Answer: your brain
2. What fuels your body and brain? Answer food and drink

Eating well will enable your body to function efficiently. And eating well means balancing the good stuff with the “naughty”. Takeaways and readymade meals are easy options but potentially lack the nutrients needed as fuel. Putting a little effort and time into your meals will support you further.



<u>Food to Mood</u> From the BBC <u>100 Student Recipes</u>	<u>Basic nutrients information</u> From Delicious magazine <u>100 student recipes</u>	<u>Podcast: Food, mood and depression</u> From Jamie Oliver <u>Student recipes</u>	<u>Quiz: How healthy is your diet?</u> Requires log in <u>Love Food Hate Waste NZ</u> How to save food, reduce waste and great quick recipes
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Sleep well

A good night's sleep, especially during REM phase is essential for mental health and wellbeing. REM supports your brain to process information and handle emotions and moods. Most recommendations for adults are 7 hours as routine. Poor sleep may put you into the sleep mental health cycle, which may impact many aspects of your daily life.

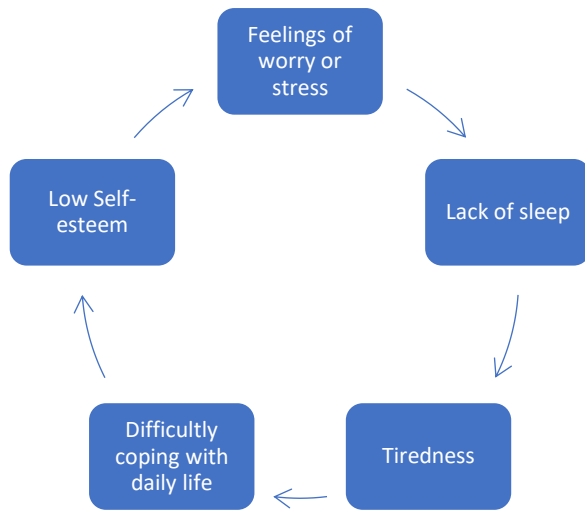
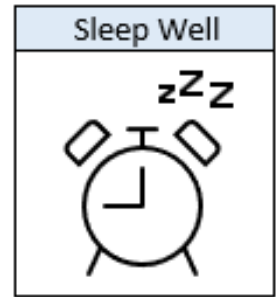


Image credit: Mind.org.uk

But don't worry – there are things you can do to help your body and mind get some good quality sleep so that you wake feeling refreshed and recharged.

<p>Wind down routine</p> <p>Bath, cuddly PJs, brush your teeth and a bedtime story. There is a reason why parents do this. Consider your last hour awake as quiet time: bath, reading, soothing music, hot milk, snugly dark room.</p>	<p>Active Day = Inactive night</p> <p>Having regular exercise helps you maintain a natural sleep-wake cycle. A morning walk in daylight is a great way to start the day. Schedule your exercise around a time that suits your sleep schedule, but avoid intense workouts close to bedtime.</p>	<p>Screen time blues</p> <p>A blue light from screens tricks your brain into thinking its daytime. Social media content and scrolling keeps your brain rolling with information. Consider reducing your screen time before bed.</p>
<p>Counting sheep?</p> <p>Mediation, deep breathing exercises, guided imagery and relaxation techniques can help to calm racing thoughts and anxiety, which leads to supporting better sleep.</p>	<p>Bed + bedroom = sleep.</p> <p>This is the space for relaxing and sleeping. Try and avoid doing study or other life stuff in your bed. Try to make the room dark and a slightly cool temperature</p>	<p>What are your rhythms?</p> <p>Find your regular sleep patterns. Go to bed at similar times each night. Bright light when you wake up. Go to bed when you are sleepy. Can't sleep after 20 minutes of trying – get up and do something relaxing</p>
<p>App Snap</p> <p>Sleep apps or sleep stories can help you to wind down and relax. Some apps will track your sleep habits. Some apps play white noise to block other disturbances. Explore sleep apps to find one that suits you and your situation.</p>	<p>Good stuff in</p> <p>Avoid caffeine, sugar and anything that keeps your body awake. Warm liquids can have a calming effect becoming a nighttime routine, but late drinking might lead to an early morning bathroom visit. Alcohol might help you fall asleep faster but can disrupt your sleep cycle.</p>	<p>Healthcare support</p> <p>Ongoing issues around falling and maintaining sleep should not be tolerated. Talk to your healthcare provider if things last longer than a few weeks or if your sleep partner tells you about what you do while sleeping i.e. sleepwalk, gasp loudly, snore excessively.</p>