



DECEMBER 2022



## Kia Ora, Bula & Hello!

As 2022 draws to a close, we want to thank you for spending time with Raise this year. Our wish is that whatever services you received from us – counselling, coaching, training, our blogs and newsletters, or something else altogether – gave you support when you needed it.

And because you've undoubtedly got a lot on your plate at the moment, we're keeping this month's newsletter brief with just a few key reminders of things most of us already know but aren't always so great at carrying out!

From our team to yours, may your Christmas and New Year be all you could hope for,  
The team at Raise



## Relax

One small word that means so much! The end of the year typically leaves most of us feeling tired and many may even be experiencing symptoms of burnout. For the sake of our general and mental health and wellbeing, it's essential that we pay attention to what our mind and body are telling us they need. Investing some time in yourself and what you need could be the greatest gift you receive this year!

If you *are* concerned that you or someone you care about is headed for burnout or if you are feeling overwhelmed, check out our blogs *Let's talk about burnout* and *Coping with overwhelm* for some information and ideas on how to recognise when you're at risk and suggestions for what you can do ([www.raisementalhealth.co.nz/blog](http://www.raisementalhealth.co.nz/blog))

## Take a break

If at all possible, take some time off work. For however long that might be, do your best to fully disengage from work during that time (including avoiding reading your emails or calling work for a quick check-in). Be totally 'present' with what you're doing and who you are spending time with. This may take practice (since many of us are in the habit of trying to multi-task our way through life), but our relationships will benefit hugely.

## Know what you need

Since we're all unique, knowing what it takes for us personally to wind down is really important. Relaxation for some may be sitting outside in the shade with a good book, or just watching and listening to what's going on around us, while for others going for a long walk or bike ride may be the ultimate relaxation. Whatever it is that works for you, make sure to include it in your plans. Deliberately add some time into every day for a few minutes of self-care - [www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/using\\_a\\_few\\_minutes\\_for\\_self\\_care.pdf](http://www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/using_a_few_minutes_for_self_care.pdf)

## Know your limits

We don't have to be 'on' all the time and sometimes we need to remind ourselves of that. Knowing our own limits will help – all those events and activities we book up may seem like a great idea at the time but can easily take their toll if we overdo it, so also booking some downtime into our plans when we can truly relax is a must. (By downtime, we mean deliberately unplugging, unwinding, relaxing, and taking time out).

## Focus on what you can control

Inevitably, there may be some things over this time that you would rather not have to do or that cause you stress. Accept this, do what you can to minimise the impacts, and put your attention on what you can control. If you're someone who thrives on structure, stick to your usual routine and focus on positive habits. Keeping our routine over the festive season can help us feel more in control and able to avoid those things like over-indulging in food, alcohol, and other habits that are fun at the time but leave us feeling less-than-great afterwards.

## Spend what you can afford

This time of year often brings financial pressures and worrying about money certainly isn't going to help you feel relaxed and refreshed. If money is a concern, check out the events and activities put on by community groups in your area that are free or inexpensive to attend. Make the most of this beautiful country we live in and visit the bush and beaches in your region.

## Pay attention to your sleep

Relaxation and sleep are close friends – if you're getting enough of one, it will help you with the other. If you're concerned that you're not getting good quality sleep, there's lots of advice and ideas readily available. Read up on 'sleep hygiene' and follow the advice given. You'll need to stick with it because changing our habits and realising the benefits takes time, but trust us, restorative sleep can be a life changer!

## Raise is here to help

If you need support over the coming weeks, Raise is here for you 24/7, so don't hesitate to get in touch.

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