

EVEN A LEGEND NEEDS A SUPPORT CREW



Kia ora, Bula & Hello

We hope you had a wonderful Matariki celebrating with whānau and friends, reflecting on the past and looking to the future!

Another day that holds special significance for Kiwis, is Daffodil Day. This annual campaign by the Cancer Society helps raise funds for cancer research and awareness, and falls on the 25th of August this year. Thanks to funding, research and medical advances, many cancers can be fully cured if they're found and treated in time. It's estimated that in New Zealand, about one in every three people who gets cancer is cured, and even if there is no cure, more effective treatment means that many are now living longer, better-quality lives.

Understandably, receiving and living with a cancer diagnosis for ourselves or a loved one is an emotional time that can have serious impacts on our mental health and wellbeing. In this month's blog we discuss a model that identifies five of the more common emotional stages we're likely to experience when dealing with life's more challenging situations, such as cancer, along with some suggestions for helping ourselves and supporting others. Read our blog - www.raisementalhealth.co.nz/coping-with-cancer.

Next month, we'll take a closer look at grief and loss, and ways to cope.



International Day of Friendship - 30 July

This Sunday, 30 July, offers another opportunity for us to embrace positivity and connection through the International Day of Friendship. The International Day of Friendship encourages us to take part in activities and events that celebrate the friendships we hold dear, and to branch out a little and actively seek what we have in common with others; seeing through eyes of potential rather than judgment.

"I think if I've learned anything about friendship, it's to hang in, stay connected, fight for them, and let them fight for you. Don't walk away, don't be distracted, don't be too busy or tired, don't take them for granted. Friends are part of the glue that holds life and faith together."

– Jon Katz



There's no one way to celebrate Friendship Day – what's most important is communicating with our friends and sharing our appreciation. It doesn't have to be a day of big gestures or expense; you could just hang out with good friends doing your favourite things, catch up on the phone or online, or go somewhere where you'll be surrounded with like-minded people that you can relate to. All excellent ways to boost our mental wellbeing!

Raise resources

The importance of self-care

<https://www.raisementalhealth.co.nz/the-importance-of-self-care>

Managing stress through times of change

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/self-care___managing_stress_through_times_of_change.pdf

Tips for getting by when life is challenging

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/tips_for_getting_by_when_life_is_challenging.pdf

Our resources on managing stress

www.raisementalhealth.co.nz/stress-and-resilience.html

The New Zealand Cancer Society website also provides a wealth of helpful information and resources that you can access on their website –

www.cancer.org.nz/cancer/download-our-resources-on-cancer/living-with-cancer-updated/

Raise is here to help

If you could do with some personalised professional support, don't hesitate to get in touch.

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Australia - 1800 734 344

UK - +44 800 112 0443

referrals@raisementalhealth.co.nz

www.raisementalhealth.co.nz

Get our app - www.raisementalhealth.co.nz/get-our-app.html