

FROM THE TEAM AT RAISE



Kia ora, Bula & Hello

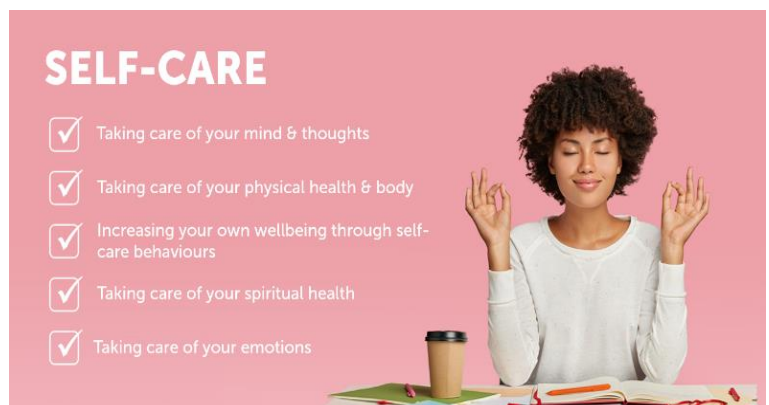
We hope this newsletter finds you and your loved ones safe and well. Our thoughts are with the many of you who are still living with the aftermath of the weather events of the past few months and/or are affected by the rising cost of living. If you're feeling stressed and need support, please don't hesitate to get in touch. Raise's trained and professional team of practitioners is here to help you work through the tough times.

Call 0800 735 343 or [book an appointment](http://www.raise.mentalhealth.co.nz/book-an-appointment.html) online - www.raise.mentalhealth.co.nz/book-an-appointment.html

Focusing on self-care

In our [January blog](#) - www.raise.mentalhealth.co.nz/our-relationship-with-money - we mentioned the importance of a positive mindset when working with our finances, and the same advice applies to most every situation; especially the more challenging ones. It's a fact that things feel more difficult when we're feeling low or pessimistic, and are much easier to face when we're in a good headspace.

But the succession of challenging events of the past three years has meant that many of us are running on empty, so how do we get ourselves into a more positive space? Self-care! It's essential (even when times are going great), so don't fall into the trap of thinking that taking care of yourself is optional.



SELF-CARE

- ✓ Taking care of your mind & thoughts
- ✓ Taking care of your physical health & body
- ✓ Increasing your own wellbeing through self-care behaviours
- ✓ Taking care of your spiritual health
- ✓ Taking care of your emotions

"Self-care is not self-indulgence, it is self-preservation." – Audre Lorde

Happy hormones

To appreciate the importance of self-care, it can help to understand a little of the science behind how our brains work. There are four 'happy' hormones* in the brain that are essential to our mental health and wellbeing: dopamine, oxytocin, serotonin and endorphins. **hormones are chemicals produced by different glands across the body. They travel through the bloodstream, acting as messengers.*

These happy hormones promote happiness and pleasure, while reducing depression and anxiety and helping to regulate our mood.

Dopamine

Known as the 'feel-good' hormone, dopamine plays a role in how we feel pleasure. It's a big part of our unique human ability to think and plan. It helps us strive, focus, and find things interesting.

Serotonin

Serotonin helps regulate our mood as well as our sleep, appetite, digestion, learning ability, and memory.

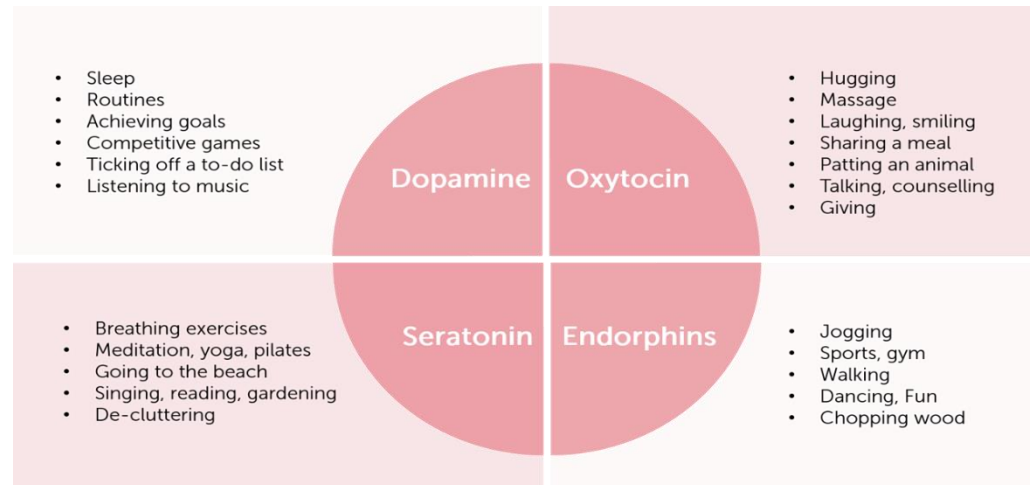
Oxytocin

Often called the 'love hormone', oxytocin is essential for childbirth, breastfeeding, and strong parent-child bonding. It can also help promote trust, empathy, and bonding in other relationships. Levels generally increase with physical affection.

Endorphins

Endorphins are our body's natural pain reliever, and are produced in response to stress or discomfort.

Here are some examples of the types of activities that raise each of the hormone levels. When you know what they are, you can consciously include them in your day!



Raise resources

Here are some of our resources that you may find helpful, or you can take a look through our Blogs and Resource Library (links below) and see what resonates with you.

Blogs - www.raise mentalhealth.co.nz/blog.html

Managing our mood - www.raise mentalhealth.co.nz/managing-your-mood

Let's talk about burnout - www.raise mentalhealth.co.nz/lets-talk-about-burnout

Resilience – The ability to bounce back - www.raise mentalhealth.co.nz/resilience-the-ability-to-bounce-back

Info sheets - www.raise mentalhealth.co.nz/resource-library.html

64 ways to take care of yourself

www.raise mentalhealth.co.nz/uploads/6/8/8/3/6883838/64_ways_to_take_care_of_yourself.pdf

Tips to help manage stress

www.raise mentalhealth.co.nz/uploads/6/8/8/3/6883838/tips_to_help_manage_stress.pdf

Using a few minutes for self-care

www.raise mentalhealth.co.nz/uploads/6/8/8/3/6883838/using_a_few_minutes_for_self_care.pdf

Raise is here to help

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

New Zealand - 0800 SELF HELP / 0800 735 343

Fiji - 5144

Australia - 1800 735 344

UK - +44 800 112 0443

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www.raise mentalhealth.co.nz

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