



Kia Ora, Bula & Hello!

26 September to 2 October is Mental Health Awareness Week (MHAW) in New Zealand; a week dedicated to reminding us to take a moment to take stock of our own wellbeing and the wellbeing of those around us. It's a time to consider the experiences, actions, relationships and surroundings that make us feel good, help us stay well, and uplift our wellbeing.

This year's MHAW theme is **Reconnect - with the people and places that lift you up**. A new theme is picked each year because there isn't only one way to boost wellbeing, and there's no one-size-fits-all approach that works for everyone, but **reconnection** aligns well with what we're hearing from people. As the pandemic restrictions are largely being lifted, life is returning to something that looks a bit more like pre-pandemic life, but the sustained changes and pressures of the past nearly three years have unsurprisingly been challenging for most of us to some degree. How we move through periods of change is different for each of us too, and much of how we cope with the issues that crop up comes down to our personal resilience, so in this month's blog we talk about resilience; what it is, and how we can build on our own.

Read blog on our website - www.raisementalhealth.co.nz/resilience-the-ability-to-bounce-back



Reconnecting during Mental Health Awareness Week

MHAW has lots of resources available on their website (www.mhaw.nz), with each day having a theme and ideas for ways to reconnect in your life. You can use these themes or decide on your own, or swap the days around to suit your week. Most importantly, we'd encourage you to treat this time as a reminder rather than a one-off event – every day a good time to be mindful of our mental health and wellbeing and to be doing things that support it.

With rather poignant timing, the first day of Mental Health Awareness Week, 26 September, has also been declared a public holiday in New Zealand to mark the passing of Queen Elizabeth II. However you choose to spend the day, make time to reconnect in some way and to consciously do some things that nourish your mental health and wellbeing.



MONDAY

Reconnect with yourself



TUESDAY

Reconnect with a friend or loved one



WEDNESDAY

Reconnect with a special place



THURSDAY

Reconnect with your community



FRIDAY

Reconnect with nature

Te Whare Tapa Whā

Mental Health Awareness Week is underpinned by Te Whare Tapa Whā; a New Zealand health model designed by leading Māori health advocate, Sir Mason Durie in the 1980s. Te Whare Tapa Whā describes health and wellbeing as a wharenui (meeting house) with four walls and a foundation, that helps us identify where we need extra support.

Te Whare Tapa Whā

Taha wairua
Spiritual



Taha hinengaro
Mental & emotional

Taha tinana
Physical

Taha whānau
Family & social

Whenua
Land, roots

The four walls represent:

- taha wairua / spiritual wellbeing
- taha hinengaro / mental and emotional wellbeing
- taha tinana / physical wellbeing
- taha whānau / family and social wellbeing, and
- the foundation is our connection with the whenua / land

Read more about Te Whare Tapa Whā on our website

www.raisementalhealth.co.nz/mental-health-awareness.html

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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