

## LOOKING AFTER YOURSELF AND OTHERS

In Hurunui and Kaikoura, we've been through a lot and we all see and feel things a little differently.

While we often can't control our environment or how long it might take to adapt to changes, we can choose to do things that help us feel good and recharge.

The things that make the biggest difference are often as simple as sharing a cuppa with a mate, getting out to the beach, or spending some time with the whānau.

What do you do to relax and unwind?



JAMIE CAMERON,  
KAIKOURA

"I'M HELPING OUT WHEREVER I CAN.  
IT'S ABOUT BEING THERE FOR MY  
COMMUNITY."



PAT CORBETT,  
HURUNUI

"YOU'RE NEVER TOO OLD TO TRY NEW  
THINGS. I'M LEARNING THINGS THAT  
INTEREST ME EVERY DAY."



AMELIA TAYLOR,  
KAIKOURA

"TOKU TOA, HE TOA  
RANGATIRATANGA. MY COURAGE  
COMES FROM MY ANCESTORS."



CHARLIE HUTT,  
HURUNUI

"I'VE BECOME A LOT CLOSER WITH  
OTHERS. I KNOW I CAN LEAN ON THEM,  
AND THEY CAN LEAN ON ME TOO."



ROB ROCHE,  
KAIKOURA

"SETTING MYSELF A CHALLENGE AND  
GETTING FITTER HELPED TO CLEAR MY  
HEAD AND GIVE ME FOCUS."

## IT'S ALL RIGHT TO ASK FOR HELP

"Don't be too proud to hit a mate up or see a professional if you're having a tough time. You're not alone." – Stu Lowe, Hurunui

We all need a bit of support from time-to-time and if you or someone you know's struggling, there is help available.

- Call Lifeline on 0800 543 354 or text HELP (4357)
- Call Youthline on 0800 376 633
- Call or text 1737

For more tips on looking after yourself and others, head to [allright.org.nz](http://allright.org.nz)

## FIVE WAYS TO WELLBEING

Ē TAHI ARA E RIMA KI TE NGĀKAU ORA

Wellbeing is all about feeling good and functioning well.

When times are tough, our ability to take care of ourselves can be a bit tested, but international research shows the following five actions can make a big difference to the way we feel.

Give them a whirl at any time, and you'll begin to feel the benefits.

## CONNECT

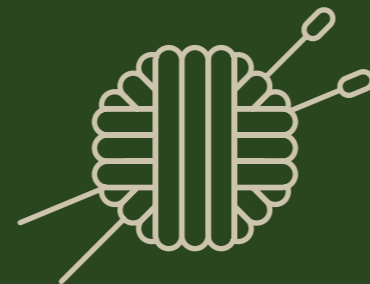
ME WHAKAWHANAUNGA



Time with others can be a great pick-me-up. Grab a cuppa with a mate, relax with the whānau or take time to say 'giddy!' to someone when you're out and about.

## KEEP LEARNING

ME AKO TONU



When we learn new things we exercise the ol' grey matter! Love tackling puzzles, keen on fly fishing, or always wanted to learn the ukulele? Be curious, try something new!

## TAKE NOTICE

ME ARO TONU



Noticing the little things can help us enjoy the moment, whether we're savouring a favourite food, enjoying an epic sunset, or spending some time outdoors.

## BE ACTIVE

ME KORI TONU



Ever noticed that moving your body can also move your mood? Just do what you can and enjoy what you do. Every little bit counts.

## GIVE

TUKUA



Whether it's a friendly smile, a kind word or giving someone a hand, the little things we do for others can make a big difference to the way we feel.



**THE THINGS THAT  
MAKE US FEEL  
ALL RIGHT**