

Aroha, Support and Tips

There's a lot going on in Canterbury right now – we're all feeling a wide range of emotions. It can be hard to know what to think, how to feel, and what to do. And that's all right.

These practical tips remind us of the small things we can do to look after ourselves and others, even when times are tough.

Practical tip #1

Share a cuppa and a kōrero



He kapu tī māu? Me kōrero hoki



Practical tip #2

Take a break from the news and social media



He kanohi kitea he hokinga mahara



Practical tip #3

Stick to your routines if you can

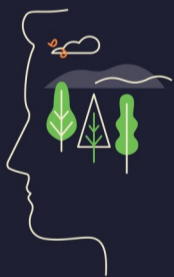


Ka whāngaia ka tupu ka puāwai



Practical tip #4

Rest. Time out helps



He wā whakatā



Practical tip #5

Do what makes you feel good

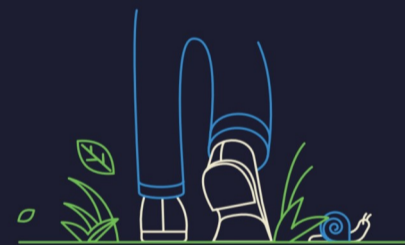


He oranga ngākau he pikinga waiora



Practical tip #6

Head outside, nature is good for us



Kia pai i te hikoi mō te oranga o te tinana, te hinengaro me te wairua.



Not All Right?

Tough times affect each of us differently, and we all need a bit of support from time-to-time

Free support is available.
Call or text 1737, 24 hours a day

He waka eke noa

The canoe which we are all in without exception