

# Newsletter



This newsletter has been created by the South Canterbury District Health Board on behalf of the Psychosocial Committee. It is a resource for distribution around South Canterbury, to support mental and emotional wellbeing, especially during COVID (taha hinengaro).

**DISCLAIMER:**

The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst we endeavour to ensure the reliability and accuracy of all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.

## Pause and reflect

It is important to take time for yourself and find clarity.

The most important relationship is the one you have with yourself.

- Diane Von Furstenberg



## Whāia e tātou te pae tawhiti

*'Getting through together'*

For any questions or further information about the committee or this newsletter, please contact [sgreen@scdhb.health.nz](mailto:sgreen@scdhb.health.nz)



MANATŪ HAUORA

## Free Parenting Programme: Triple P Online

This year the Ministry of Health made the Triple P Parenting Programme available free in New Zealand to parents and caregivers. This programme was developed by a New Zealander, Professor Matt Sanders, who has spent a lot of his working life in Australia. The programme has been implemented around the world and it is fantastic to see it back in New Zealand, free to everyone.

In the last month thousands of parents and caregivers have started a Triple P Online (TPOL) programme. They, and anyone who is interested, can access the programme to ensure they are on the right track in what they are doing to promote wellbeing in children, pre-teens and teenagers. As well as promoting wellbeing, the programme has information about tackling challenging behaviours, and helping children and young people develop resiliency and overcome anxiety.

There are programmes for “Toddlers to Tweens”, programmes for “Teens”, and a programme, called “Fear-Less”, for overcoming anxiety. Anyone can access Triple P Online (TPOL) via the Triple P website.

See the flyer on the next page or click on the link here:

<https://www.triplep-parenting.net.nz/>

# Wellbeing Packs

The SCDHB has put together “Let’s Talk Wellbeing” packs in attractive folders. (A huge thank you to local photographer Brian High for the use of one of his fantastic photos for the cover).

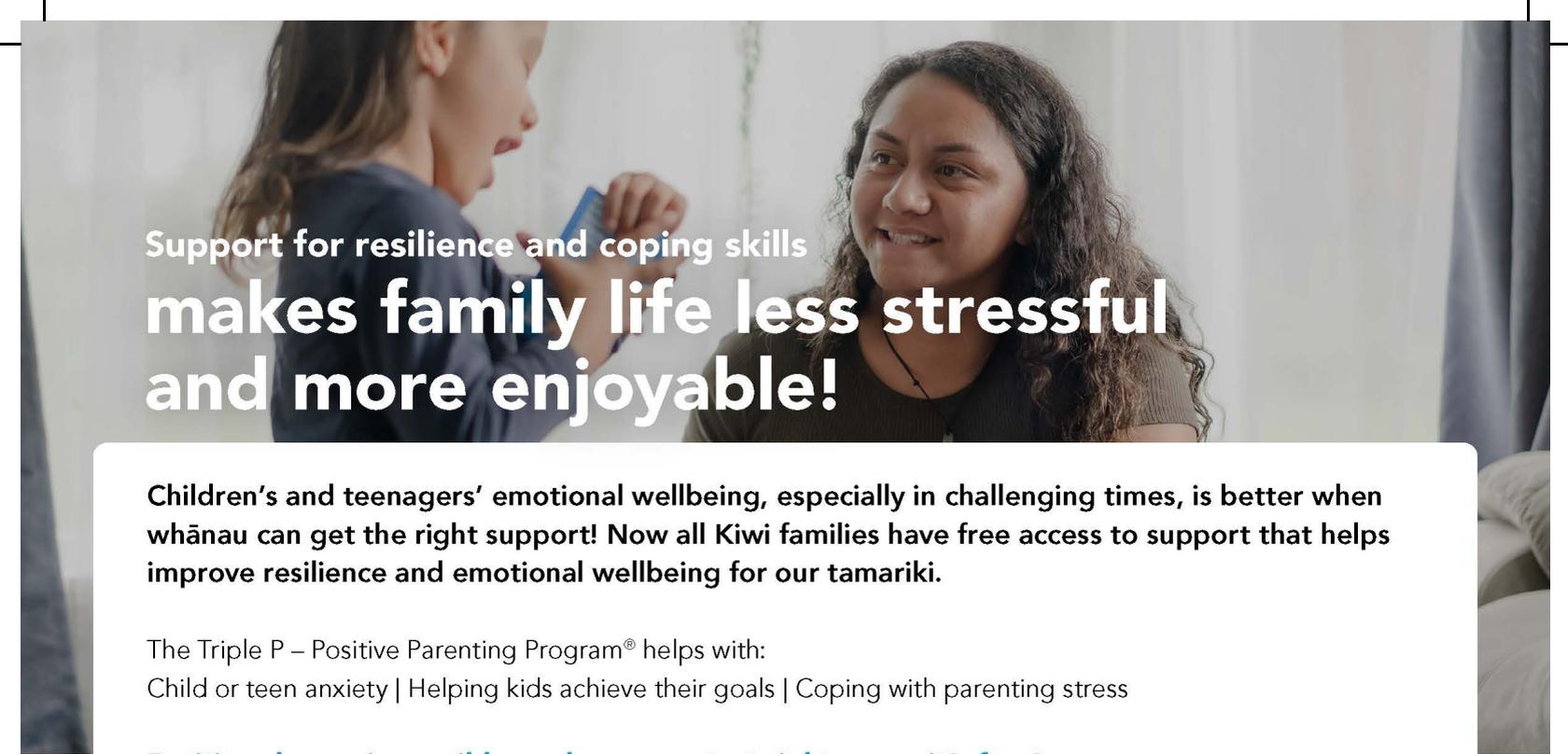
Each pack contains booklets, brochures and information to support wellbeing and mental health. We have sent many hundreds of these Wellbeing Packs to organisations and workplaces, and to people self-isolating with COVID.

If you would like some Wellbeing Packs to distribute to patients or clients from your organisation, workplace or primary care practice, please get in touch with Annette Beautrais [abeautrais@scdhb.health.nz](mailto:abeautrais@scdhb.health.nz)



Many people will be familiar with our SCDHB “Traffic Light” business card which lists numbers to call for mental health help. The SCDHB has now developed a “Traffic Light” brochure to go with the business card, and a “Traffic Light” A3 laminated poster. Both the poster and the brochures contain information about local South Canterbury wellbeing, mental health and counselling services.

If you would like a poster (or multiple posters) and/or brochures for your organisation please contact Annette Beautrais [abeautrais@scdhb.health.nz](mailto:abeautrais@scdhb.health.nz) and we will send or deliver them to you.



# Support for resilience and coping skills makes family life less stressful and more enjoyable!

Children's and teenagers' emotional wellbeing, especially in challenging times, is better when whānau can get the right support! Now all Kiwi families have free access to support that helps improve resilience and emotional wellbeing for our tamariki.

The Triple P – Positive Parenting Program® helps with:

Child or teen anxiety | Helping kids achieve their goals | Coping with parenting stress

## Positive change is possible, and you can start right now – it's free!

There are 3 free Triple P Online programmes available at no cost, throughout Aotearoa. Choose what works for you, to give kids key life skills and help everyone stay calm and positive.

- Interactive, easy-to-use online programmes with videos and activities and a downloadable workbook
- Each module only takes about an hour or less, and you can do just a few minutes at a time
- Positive caregiving during COVID-19 and beyond ('Parenting in Uncertain Times' module included)
- Choose a programme and do it at your pace, and at your place!

### FEAR-LESS TRIPLE P ONLINE

For parents/caregivers of kids (6-14 years) who are often anxious

- Develop a better understanding of anxiety and fear and what can be done about it
- Understand what's within your control to change
- Proven principles to help children develop their own toolkit of coping skills to overcome anxiety
- Know what to do when a child is anxious or upset

6 modules

### TRIPLE P ONLINE

For parents/caregivers of younger kids, up to 12 years

- Feel confident you're able to handle each new age and stage and situation
- Know how to address child behaviours, promote new skills and help emotional self-regulation
- Improve relationships
- Raise happier, more confident and capable tamariki
- Enjoy family life more!

8 modules

### TEEN TRIPLE P ONLINE

For parents/caregivers of 'tweens' or teenagers – 10-16 years

- Create the best environment for the development of teens
- Know how to address behaviours, promote new skills and help emotional self-regulation
- Raise more self-reliant, happier rangatahi
- Build better relationships and communication!

6 modules

**START YOUR FREE PROGRAMME TODAY**

[www.triplep-parenting.net.nz](http://www.triplep-parenting.net.nz)

FREE online support is funded by the Ministry of Health with support from Whānau Rau



# FamilyWorks

PRESBYTERIAN SUPPORT  
SOUTH CANTERBURY



## Negotiating the Minefield

Negotiating the Minefield is a **FREE** educational group programme that helps parents and caregivers to communicate and connect with their teenagers more effectively.

We offer evening programmes for parents and caregivers and/or other significant adults in the teenager's life e.g. Step-parents, grandparents.

To find out what the programmes covers go to [www.pssc.org.nz/family-works](http://www.pssc.org.nz/family-works)

The next programme commences on **Thursday, 19 May** and runs for 6 weeks from **6.30pm to 9.30pm**.

If you are interested in this programme, please contact Christine Liggett 03 688 5029 or email [Christine.liggett@pssc.co.nz](mailto:Christine.liggett@pssc.co.nz)



**FamilyWorks**  
A PRESBYTERIAN SUPPORT SERVICE  
SOUTH CANTERBURY

*Strong families build strong communities*

*Ko nga whanau kaha ka hanga nga hapori kaha*



## Digital Tools for Wellbeing and Mental Health Support

We wrote about digital health tools in the last issue of this newsletter – the field is changing so rapidly that we need a column in every issue to update you about new tools.

Digital mental health and wellbeing tools provide early and easy access to mental health.

These advantages were highlighted recently by Health Minister Andrew Little at the launch of two new digital apps, and again when he discussed the report released by the Mental Health and Wellbeing Commission.

Minister Little emphasised the importance of free, easy and readily available access to a range of wellbeing supports when and where people need them. Digital supports are part of that approach

One new support is Groov (formerly Mentemia), co-developed by former All Black Sir John Kirwan.



This app aims to support people aged 19 years and older with a range of mental wellbeing tools.

The tools are suitable for daily use to establish wellbeing habits, and also for use at times when people are stressed or distressed.

The tools include personality quizzes to help people get to know themselves better; a breath-training tool to help control stress; and a mood tracker to recognise patterns and triggers and identify opportunities for change: <https://www.groovnow.com/>

Another new app is aimed at 12-18 year olds. Designed by the University of Auckland in conjunction with young people, it is called HABITs Messenger,

and is a chatbot platform which supports brief interactive chat sessions designed so young people feel as if they are messaging a friend. The Chatbox has three support options:

- Aroha – stress support for COVID
- Headstrong – a personal trainer for the mind
- Stress Detox – general stress support.

You can access HABITs Messenger here:

<https://appadvice.com/app/habits-messenger/1550723158>



# 2022 PADA Seminar Te Tihi-o-Maru | Timaru



Te mate Tuatea, me  
te mate Pōuri o Aotearoa  
Perinatal Anxiety &  
Depression Aotearoa

## for people working in pregnancy, childbirth & early parenting

Rāpare Thursday | 16 Hune June 2022 9:00am - 4:30pm  
Grosvenor Hotel, 26 Cains Terrace, Te Tihi-o-Maru Timaru

These seminars provide professional development for those supporting families affected by anxiety or depression related to pregnancy, childbirth and early parenthood. When participants leave each seminar, they will better understand how these topics impact families, and strengthen their knowledge and skills to help improve perinatal outcomes.

### Presenters

DR ANNETTE BEAUTRAIS

Perinatal Depression and Suicide Risk:  
Ensuring the safety of mothers and fathers

CHRISTINA BOND

Matrescence - a developmental passage where a woman transitions through pre-conception, pregnancy and birth, surrogacy or adoption, to the postnatal period and beyond

JACQUIE TALENI

Plunket Postnatal Adjustment Programme

LIORA NOY

Maternal anxiety and depression/triggers of traumatic births and breastfeeding challenges with new directions for hope/ACT and secure attachment as tools for wellbeing

Attracts 8  
Midwifery  
Continuing  
Education  
Hours

VACCINE PASSPORT  
REQUIRED

### Registration Options

Non Member - \$125

PADA Member/Full time students - \$100

Register: [www.pada.nz/events](http://www.pada.nz/events)

Thanks to Aoraki Foundation for funding towards this seminar. COVID alert levels will be monitored and if necessary will be changed to online training.



# Looking after your mental wellbeing

You need to look after your mental wellbeing throughout life, just as you look after your physical health. Help is available.

Pick up a copy of the [Traffic Light Guide](#) or download from [scdhb.health.org](http://scdhb.health.org)

## Keeping Well

- Talk to friends, family and whānau
- Five Ways to Wellbeing, apps and online learning ([mentalhealth.org.nz](http://mentalhealth.org.nz))
- Connect with local community support groups

Give

BE ACTIVE

KEEP LEARNING

CONNECT

TAKE NOTICE

## Extra Support

- Contact your Medical Centre
- Or phone/text **1737** for free 24/7 counselling support

NEED TO TALK?

**1737**

free call or text  
any time

## Immediate Crisis

- Concerned for your or someone's immediate safety? Call 111
- Need help from Mental Health Crisis Team? Call 0800 277 997

Call **111**



# LONELINESS AND SOCIAL ISOLATION DURING COVID

## THE IMPORTANCE OF STAYING CONNECTED AND KEEPING PHYSICALLY ACTIVE

During the last two years the government implemented social isolation and quarantine periods to contain the spread of COVID. This new situation impacted different populations in different ways. Older adults have been particularly affected and have reported feeling lonely, socially isolated and less physically active.

The isolation requirements around COVID were the last thing older people needed, and for some older people, exacerbated their pre-COVID loneliness and social isolation. Even now, despite many restrictions being lifted, many older people are remaining in self-imposed isolation, fearful of contracting COVID.

### Feeling lonely and being isolated are bad for your health

As people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. In turn, loneliness and social isolation are linked to increased risks of serious health problems including heart disease, depression, a weakened immune system, and cognitive decline.

Social isolation tends to lead to a sedentary lifestyle, which is also associated with negative impacts on physical health, including decreased musculoskeletal flexibility which can lead to metabolic diseases, and increased risk of cancer and mortality.

For all these reasons, self-care and recovery during COVID needs to include strategies to reduce loneliness, social isolation and sedentary behaviour in older adults

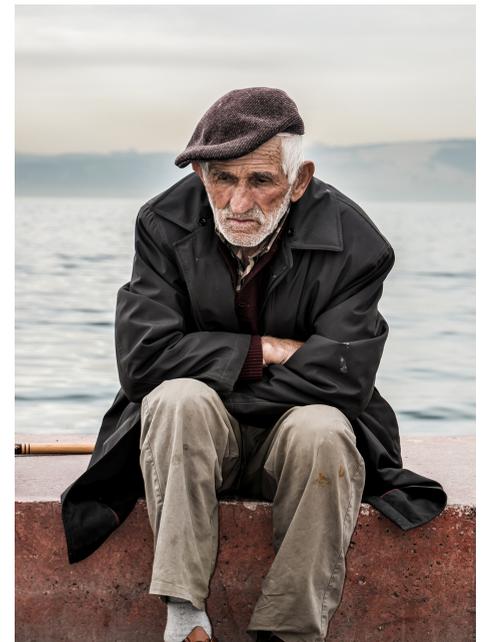
in order to improve their quality of life, physical condition, and their physical and mental health.

People who are especially vulnerable are those who:

- Live alone or can't leave their homes
- Feel alone or not connected to other people
- Have recently had a major loss, bereavement or change in their life
- Are a caregiver
- Lack a sense of purpose in their life.

### Tips for staying connected

- Find an activity or hobby you enjoy or learn something new. If you are isolating at home, look for on-line courses.
- Make certain that you exercise - Follow exercise videos on TV or online.
- Volunteer. If you are isolating at home, you could volunteer to call other people to chat or check on them.
- Keep in touch with family, friends and neighbours in person, by phone, or on line.
- Upskill yourself if you need help to learn new technology skills. There are courses online and in the community.
- Make sure you have an emergency contact who can visit you, check on you in person or by phone, and do shopping if you are unwell or isolating.
- If you have hearing problems, see your doctor and have your hearing assessed. Hearing loss can make communication difficult and make people feel more isolated.



- If you have been bereaved, there are support groups which can offer support in addition to the support of your family and friends.
- Consider having a pet. They force you to exercise, they are company and can lower stress levels.

### Tips for staying physically active during self-isolation

For health reasons everyone, including older adults, should try to keep physically active during isolation and social distancing. Older adults, whether in self-imposed isolation or not, may still be reluctant to go to gyms or public swimming pools. The World Health Organisation recommends people keep up, or start, physical exercise remotely, by using online videos, television exercise programmes, and internet and phone apps.

WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space. The following are some tips on how to stay active and reduce sedentary behaviour while at home in self-quarantine.

**Take short active breaks during the day.** Short bouts of physical activity add up to the weekly recommendations. You may use the suggested exercises below as inspiration to be active every day. Dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.



**Follow an online exercise class.** Take advantage of the vast range of online exercise and strength training classes. Many of these are free and can be found on YouTube, and there are a lot especially targeted at older adults and delivered by older adults. If you have no experience performing these exercises, be cautious and aware of your own limitations.



**Walk.** Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a phone call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least a 1-meter distance from other people.



**Stand up.** Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes. Consider setting up a standing desk by using a high table or



stacking a pile of books or other materials, to continue working while standing. During sedentary leisure time prioritise cognitively stimulating activities, such as reading, board games, puzzles, number and word games (e.g. Sudoku, crosswords, Wordle), or learn a new language.



**Relax.** Meditation and deep breaths can help you remain calm. Small Steps is a website with examples of relaxation techniques: [www.smallsteps.org.nz](http://www.smallsteps.org.nz)

**And remember to eat healthily and stay hydrated.** WHO recommends drinking water instead of sugar-sweetened beverages. Limit or avoid alcoholic beverages for adults. Ensure plenty of fruits and vegetables, and limit the intake of salt, sugar and fat. Prefer whole grains rather than refined foods. For more guidance on how to eat healthily during self-quarantine, please see the Food and nutrition tips during self-quarantine, prepared by WHO/Europe.

WHO has a site online which offers examples of home-based exercises to help people stay physically active while at home, or self-isolating: <https://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/publications/2020/stay-physically-active-during-self-quarantine>



# WELLBEING TIPS FOR HEALTHCARE WORKERS

**MAURI TŪ, MAURI ORA, KIA MAURI TAU  
BE PREPARED, BE WELL, BE CALM**

UPDATED JUNE 2020

These simple tips are designed to boost your wellbeing.  
Give them a go and feel the difference!



## FIND WAYS TO CONNECT

Connecting with others is so important for our wellbeing and helps to make us feel safer, less stressed and less anxious. Some ideas to connect include: going for a walk with a friend, joining your local craft, sports, choir, or book club, sharing kai, or even simply smiling at a stranger passing by!



## FIND WAYS TO TAKE NOTICE

Notice the beauty in the world around you. Take time to feel the sun on your skin, breathe in fresh air, make a list of what you're grateful for, take the time to thank someone for how they make you feel, do a mindfulness exercise on YouTube, watch the plants in your home or outside your window growing and changing with each passing day.



## FIND WAYS TO MOVE YOUR TINANA

Use the stairs instead of the lift, walk to colleagues to talk with them instead of phoning, get off the bus one stop earlier, join a local sports club, have a dance party with your tamariki, do some gardening – find whatever physical activity you enjoy, and try to do it as often as possible!



## FIND WAYS TO GIVE

Give compliments, think about a skill you have you could share with your whānau, neighbours and members of your community who may need a helping hand.



## FIND WAYS TO KEEP LEARNING

Staying curious and engaging with the world around you is a great way to uplift your wellbeing. Pick a question you've always wondered about and take some time to look it up. Call your parents or grandparents and ask them questions about life when they were growing up. Research your whakapapa or family tree. Look up stories, myths and legends from different cultures. Discover the name of the iwi, hapu, maunga and awa of the place you live.



## CONNECT WITH THE WHENUA

Sit in your backyard or local park and watch the world go by – see how the clouds move across the sky. Take your shoes off and feel the grass beneath your feet. See how many native plants you notice. Can you spot any harakeke/flax, pūriri, tōtara, rengarenga/native lily? Take time every day to feel the sun or the wind or the rain on your skin.



## STICK TO YOUR ROUTINE (OR START A NEW ONE)

Routines sound dull, but they're good for our mental health. Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, do your chores.



## EXPLORE DIFFERENT WAYS TO RELAX

Many of us haven't stretched our 'relaxation muscles' in far too long. It might take a bit of trial and error to find what works for you. Maybe it's lighting a scented candle, switching off with a good book, playing a video game, having a silent disco, talking to a mate, journaling, doing some artwork or mindful colouring or watching a movie. Find something that helps to reenergise your mind and body.



## LIMIT THE AMOUNT OF NEWS YOU FOLLOW

Pick one source you trust (like the [official COVID-19 website](#)) and check it once per day. If you want to keep checking in with news coverage, take notice of how it makes you feel and set time limits or restrict your news sources to just one or two if you need to.



## Holiday stress. Finding ways out of the rabbit hole this Easter.

*There are those of us that love and relish the holidays and those of us that dread the pit of anxiety that builds and looms, each major festive season. No matter which camp you fall in, there are some ways to maximise your happiness and minimise your stress this Easter holiday weekend.*

### **Adjust your expectations**

Forget postcard families bonding over a perfect meal, a gathering or religious ceremony and remember in the real world, no family is perfect.

Striving for perfection brings up all sorts of issues from family, anxiety, sobriety to eating disorders. The idea of a traditional household is constantly being turned on its head. Try and accept your own family unit 'warts and all' and don't put too much pressure on yourself to compare to how you perceive others.

### **Phone a friend**

Aside from the breakdown of some family units, the reality of living in this pandemic continues to mean that you and your family unit may be separated by distance and you find yourself alone.

But remember, you're never alone in being alone. Call a friend. Chances are you'll find others in a similar situation and they'd be open to and appreciative of a shared meal or experience or may invite you to join their plans.

### **Get out and about**

Every psychologist professes to the benefit of exercise to boost your mood – all those endorphins waiting to be released in just thirty minutes, a couple of times a week.

Use your time off work to get some exercise. See an exhibition that appeals to you but you never thought you'd get to, watch that series you'd heard great things about or just go for a walk in an area with a nice view and an open coffee shop at the end!

### **Begin a new tradition**

If the thought of all the above does nothing to lower your anxiety, try coming up with a new tradition. Plan a trip on your own or with family and friends, and make it an annual event. Costs can be kept down by making it a road trip, staying with friends at the destination or even doing a house swap with someone you know like you, who'd also love the chance to get away for a few days this time of year.



## Don't give into holiday pressures

It can be hard in adulthood to honestly express feelings around holidays that may offend the people we are closest to.

Give yourself permission to put your needs first and make it a stress-free time. Feel free to decline an invitation that makes you feel uncomfortable or that may end in conflict.

For others, the chores surrounding getting everything ready for an Easter lunch can add to stress, especially if it's combined with full-time work. If you're the one in charge of pulling everything together, make sure you speak to your loved ones and ask for more support, including delegating chores. Surprising as it may seem, most people actually like to be asked to help and feel involved. Allow for some mishaps and don't put pressure on yourself to offer everyone "the perfect day".

## Volunteer

Lastly, the great gift of giving is always needed, particularly during the holidays, but especially during these uncertain times. Getting involved in a charity will enable you to give something back to the community and meet other volunteers who may even become friends.

## Get support

Whatever your needs this Easter, just remember self-care. Be good to yourself and if you are feeling the stresses and strains and it is taking an emotional toll, it is important to share your feelings with a trusted person who can offer guidance and support during difficult times.



# WORKSHOP

## SUICIDE RISK MANAGEMENT UPDATE

FRIDAY 20<sup>th</sup> May 8.30am - 4.00pm

Venue: Aoraki Room (Old Library), Timaru Hospital

The workshop is facilitated by Dr Annette Beautrais, Suicide Prevention Co-ordinator, South Canterbury DHB. Resources and a certificate of attendance will be provided.

This workshop covers current evidence-based best practice including:

- Current information and scope of the problem of suicide in New Zealand
- Screening
  - Depression screening
  - Suicide risk screening
- Risk and protective factors for suicide
- Risk mitigation and brief interventions
  - Safety plans
  - Counselling about access to lethal means
  - Caring contacts
- Non-Suicidal Self-Injury (NSSI)
- Resources and pathways to care
- Self-care for providers

The workshop is being organised for new Health Improvement Practitioners and Coaches. There are a limited number of spaces for anyone else who wants to join us. It is suitable for educators, counsellors, primary care nurses, allied health staff, midwives, LMCs, and those working in support services.

Morning and afternoon tea will be provided. Please bring your own lunch.

### **How to Register**

Please **email** Annette to register: [abeautrais@scdhb.health.nz](mailto:abeautrais@scdhb.health.nz) Ph: 03 687 2192

If you are registering several people please provide the full name and email address for each person (in case we need to contact them directly, but also so we can provide a certificate of attendance for professional development portfolios).

The workshop is offered by the South Canterbury District Health Board. There is no cost to attend.



# Aoraki Health Shuttle



**St John**  
Here for Life

When you need to travel to a health appointment

A St John Health Shuttle service is available in your community to provide transport to Christchurch for health related appointments.

The service operates Monday to Friday, with stops at:

**Timaru - Temuka - Geraldine - Christchurch**

The shuttle leaves from Timaru at 7:30am and departs Christchurch at 3:00pm (depending on numbers of passengers).

For more information or to make a booking please contact St John on:

**0800 103 046**

Bookings are required by 3:00pm the day prior to transport.



# Community Connection Service

Food/meal distribution to support whānau self isolating at home in the community due to COVID-19 and requiring welfare support.

ORGANISATION	EMAIL ADDRESS	PH NUMBER
Arowhenua Whānau Services	covidisolation@aws.health.nz	027 407 6069
Multicultural Aoraki	covid@multiculturualaoraki.co.nz	027 687 3322
Presbyterian Support Services	fwadmin2@pssc.co.nz	03 688 5029
Te Aitarakahi Society Inc	covidwelfare@teaitarakihi.nz	

## Senior citizens coping with COVID in the community

The Timaru Senior Citizens Office is currently undertaking a survey of South Canterbury older people, about their wellbeing in light of growing COVID case numbers.

How are they coping with COVID-19 spreading across the South Canterbury community? We know these are difficult times for many older people, and we'd like to learn more about how seniors are being impacted. This is an anonymous survey but we will share the results with other agencies. All ages are welcome to fill in this survey. Please also feel free to share it with others.

<https://forms.office.com/r/qDUZFZffm3>



# DIGITAL DETOX FOR YOUR MENTAL HEALTH AND WELLBEING

Prior to Covid there were mounting concerns about technology addiction and information overload. During the last two years of Covid many people have spent even more time on digital devices, both professionally and socially, and concerns about detrimental impacts of increased technology use have amplified.

The average teen or adult is estimated to pick up their phone 150 times a day. Such heavy use means people tend to skim, rather than read, content. The average person's attention span is estimated to have decreased from 12 seconds in 2000 (the year the tech surge began) to 8 seconds, less than that of goldfish, which are able to focus on a task or an object for 9 seconds.

A reduced attention span can have several harmful consequences, including:

- Decreased performance at work or school
- Failure to take in significant details or information
- Failure to take in knowledge and to learn
- Failure to get an overview or a broader vision, which opens people up to being influenced by propaganda, misinformation and disinformation
- Decrease in empathy
- Communication difficulties in relationships
- Poor mental health

Taking a break from devices can improve mental health and wellbeing. A digital detox can:

## REDUCE DEPRESSION

There is a strong link between heavy internet use and depression.

People who spend a lot of time on social media are more likely to suffer from depression, and low self-esteem. Facebook users tend to only post the good and exciting parts of their lives, creating the illusion of a 'perfect life', and leading viewers to feel depressed and that they are missing out because their lives don't match their Facebook friends' "perfect" lives.

Deleting social media apps from your phone will dramatically reduce your time spent scrolling, and help to make you feel better! During a digital detox, restrict - or totally ban - your internet use and you'll see benefits.

Swapping time spent online for exercise and socialising face-to-face can really help people suffering from depression.

## REDUCE ANXIETY

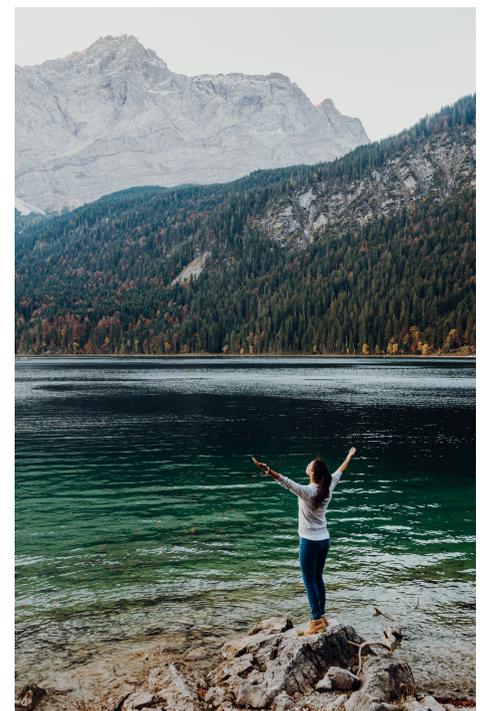
For people who are anxious, heavy mobile phone use increases anxiety.

Simply putting your smartphone away for a few hours a day could help with anxiety.

There is a lot of sad and distressing news in the world at present.



"Doom scrolling" is a term that was coined in 2018 to describe the activity of scrolling through negative news articles, social media posts, or other content-sharing platforms, reading one negative story after another. People who struggle with anxiety are especially prone to doom scroll because anxiety is about control or the lack of control. These people feel that the more information they can get, the more they will be able to control what is happening, but, in reality, scrolling through negative news stories just creates more anxiety and fear.



## REDUCE RISK OF EATING DISORDERS

Overuse of social media is linked to eating disorders.

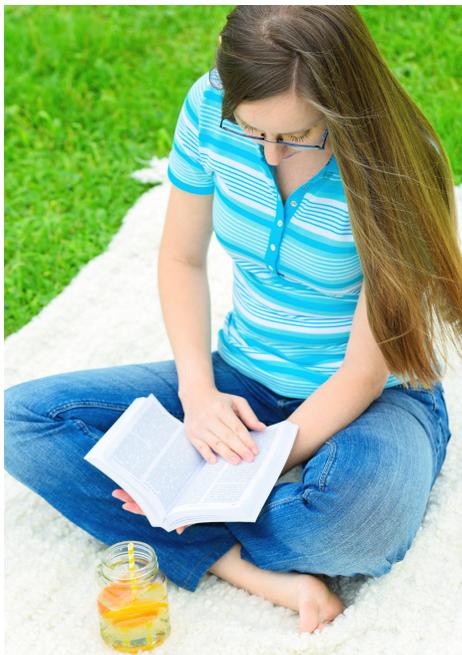
One study found that women who spend long periods of time on social networks such as Facebook, were more anxious and body conscious in general, and had a higher risk of 'appearance-focused behaviours' (such as anorexia). This is another example of how looking at other people's 'perfect' lives on social media can have a negative impact on your own.

## **REDUCE INSOMNIA – BETTER SLEEP PATTERNS**

Using technology in bed contributes to insomnia.

The artificial blue light produced by smartphone screens can suppress the hormone melatonin, leaving you more alert and awake, as well as struggling to sleep and feeling tired the next day. If you're using screen-based technology every night before bed and suffer from insomnia it might be time to try a digital detox.

And, when you're not looking at your phone, you may well be looking at TV for entertainment or at a computer as part of your work life. Many jobs today involve staring at a computer screen for large portions of the day. The benefits of reducing all screen time - TV, phones, computers - are well worth the effort.



## **DIGITAL DETOX - BENEFITS**

You'll feel calmer and happier.

In thousands of social experiments people have taken a break from technology and they are almost always surprised to find themselves less stressed. When you're on your phone or absorbed in emails, you're not living in the present. It's only when you take a detox break that you realise how easy it is to miss out on things around you.

### **YOU'LL BE MORE PRODUCTIVE**

Checking social media and scrolling through posts takes you down rabbit holes and wastes a lot of time – the next day, chances are you won't remember the details of what you spent hours looking at the day before. Taking a break from technology will show just how much time you waste on it!

### **YOU WILL HAVE HEALTHIER RELATIONSHIPS**

If you're stuck in the cyber world too long, your social connections in real life can suffer. In an Australian study, almost half the people in a relationship believed their partner used their phone too much and 70% admitted that they used their phone during mealtimes with family or friends. And there are multiple stories of children who, when asked what they want for their birthday, say all they want is for their parents to put their phones away for a day and spend time with them.

## **YOUR PHYSICAL HEALTH WILL IMPROVE**

If you spend a lot of time on your phone, watching TV, or working on a computer at work then you're probably sitting or lying down. This inactive lifestyle contributes to the growing obesity problem. It's bad for your physical health and your weight and contributes to back and neck problems. If you take a digital detox, you free up time for physical activity, and you'll feel better if you are more active.

### **YOU WILL HAVE IMPROVED HEALTH**

When your body knows it's time to sleep, your brain releases a chemical called melatonin, which helps the body relax and prepare for sleep. But if you look at a screen before bedtime, your brain is tricked into thinking it must remain alert and awake, preventing melatonin from being released.

Sleep scientists say you should ban from your bedroom anything that gives off a blue light – so, do not have a TV, computer or your phone in your bedroom. And don't use your phone immediately before going to bed. These measures should help you sleep longer and more soundly. Being able to unplug and have some time away from the screen will leave you re-energised and more in touch with the world around you.

*“Almost everything will work again if you unplug it for a few minutes, including you.” Anne Lamott*

# GoodYarn

GETTING PEOPLE TALKING  
ABOUT MENTAL HEALTH  
"ORANGA KORERO"

## GOOD YARN WORKSHOPS FOR THE MACKENZIE REGION MAY 23 and 24, 2022

The South Canterbury DHB is partnering with the Good Programmes Trust to bring free Good Yarn mental health literacy workshops to the Mackenzie region again in 2022.

The workshops will teach people how to have conversations about mental health. This is an essential life skill that can benefit everyone - including parents who want to be able to have conversations with their children, employers who need to talk with staff, people who want to know how to talk with friends and neighbours, and first responders who need this as part of their skill set. Everyone is welcome.

### The workshops will cover:

- > What mental health is and how to look after it
- > How to talk to someone you are concerned about
- > Signs and symptoms of mental stress and distress
- > How and where to go for help and support.

The facilitators are all experienced people who are passionate about mental wellbeing and who understand the unique challenges small communities face. The workshops are practical, interactive and enjoyable.

### Bookings are essential.

Please register for the workshop you wish to attend to secure your place.

**We are giving away one current best seller book to the first 5 people to enrol in each workshop!**

**Monday 23 May 2022, 9.00am to 12 noon. Fairlie**

Register here:

<https://www.goodyarn.org/workshops/23rd-may-2022-fairlie/>

**Tuesday 24 May 2022, 9.00am to 12 noon. Twizel**

Register here:

<https://www.goodyarn.org/workshops/tuesday-24th-may-2022-twizel/>



“Being able to help in a community may be a matter of a caring person with the right knowledge being available in the right place at the right time.”

Good Yarn is run by the Good Programmes Trust and is proudly supported by South Canterbury DHB & Mackenzie District Council



South Canterbury  
District Health Board



Mackenzie  
DISTRICT COUNCIL

For any questions or issues please contact Michelle Thompson,  
General Manager, Good Programmes Trust, 021 234 7413, or  
[michelle@goodyarn.org](mailto:michelle@goodyarn.org)

# New Wellbeing Service Available in Primary Care

## Integrated Primary Mental Health and Addictions – Access and Choice Programme

Access and Choice is a Ministry of Health funded initiative formed from the recommendations of the 2018 *He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction*. The goal of this new programme is to facilitate mental health promotion and prevention and to expand access and choice of mental health and addiction services.

The Integrated Primary Mental Health and Addiction Service, places Health Improvement Practitioners (HIPs) and Health Coaches, trained by Te Pou, into Primary Care Practices to provide free, same day appointments for people of all ages experiencing troubles with thoughts, emotions and behaviours.

HIPs have training in talking therapies such as Cognitive Behaviour Therapy (CBT), Motivational Interviewing and Focused Acceptance and Commitment Therapy (FACT) and can use these approaches to help people with problems causing stress or other health and wellbeing concerns. Health Coaches support people to better understand their health, to help them navigate and access health services, and advocate and promote self-management.

25-30 minute appointments can be made for individuals, couples or families with HIPs or Health Coaches. The team can also run group education sessions for identified population needs such as sleep hygiene, budgeting, stress management, anxiety, pain management, grief and more.

We start every day with every second appointment free in our appointment books so we are available for same day referrals. You can make an appointment by calling reception or by asking for a referral at your next consultation.

Our current locations and hours are:  
Pleasant Point Health Centre Tuesday and Friday afternoons 1330-1730.  
Timaru Medical Centre Monday-Wednesday 0830-1700



IPMHA office. Left: Rebecca Taylor (Health Coach), Anouska Black (Health Coach), Maxine Hutton (HIP/Clinical Lead).

**At present this service is only available to patients enrolled at the Timaru Medical Centre or the Pleasant Point Health Centre.**

The Integrated Primary Mental Health and Addictions office is located at Talbot Park, Community Health Hub. Enquires to Clinical Implementation Lead Maxine Hutton: [mnhutton@scdhub.health.nz](mailto:mnhutton@scdhub.health.nz)

# MEET *the* TEAM



Timaru Medical Centre Left: Rebecca Taylor (Health Coach), Bianca Kringas (HIP)



Pleasant Point Health Centre Left: Maria Van den bosch (Health Coach), Sarah Patrick (Nurse Practitioner), Maxine Hutton (HIP/Clinical Lead), Rebecca Butler (Registered Nurse)

Would you like to learn new skills to improve your health, wellbeing and quality of life?

## What is a Health Improvement Practitioner?

**Our HIP has the knowledge and skills to help you with:**

- » managing thoughts, feelings and behaviours
- » stress, anxiety, depression or feeling down
- » coping with loss
- » sleep problems
- » drug and alcohol problems
- » family or relationship issues, domestic violence, parenting
- » chronic pain
- » living with the side-effects of illness and health conditions
- » navigating gender identity, sexual orientation

## What is a Health Coach?

**The HC can help you reach your health goals. We can:**

- » work with you to improve your eating habits and get more active
- » help you understand your medicines and show you how to take them safely

**We can teach you how to live well with:**

- » Diabetes
- » high cholesterol
- » Asthma
- » high blood pressure
- » Gout
- » low blood pressure

**We can also help with:**

- » improving your sleep
- » positive parenting
- » tips for managing stress and emotions
- » getting help from others who can help you with quitting smoking, housing, food or social connection

FREE  
SUICIDE  
PREVENTION TRAINING

REGISTER NOW!

TIMARU

THU 7 JULY 2022

8:30AM - 5:00PM

# MANA AKIAKI



| LeVa

E aku tī, e aku tā. E karanga ana a Mana Akiaki kia rarau mai tātou i raro nga manaakitanga o te runga rawa, kia whai oranga tenei kaupapa. Ki te whakawātea te hinengaro, kia rere pai ai te wairua kia patua tātou i te ngāngara e ngau nei i a tātou.

Mana Akiaki - LifeKeepers for Māori aims to equip communities and whānau with the knowledge and skills needed to help prevent suicide. The wānanga is delivered through a Māori lens, weaving te reo me ona tikanga, nga whakataukī, and mātauranga Māori throughout. Fluency in Te Reo is not necessary for this workshop.

Through this training you'll:

- learn how to korero responsibly about suicide
- gain an understanding of the factors that contribute to someone being suicidal
- learn what to look for when someone may be at risk of suicide
- develop strategies for how to ask about suicide, respond with confidence, and engage different services and supports

Mana Akiaki suicide prevention training is **FREE**, evidence based, clinically safe, culturally responsive, and available to New Zealand citizens and residents 18 and over\*

Register now via the website: [www.lifekeepers.nz](http://www.lifekeepers.nz)

\*LifeKeepers is funded by the Ministry of Health to provide suicide prevention training for those New Zealanders who are most likely to interact with people at risk of suicide and who do not already have access to funded suicide prevention training. The programme has not been funded for registered professionals who already have access to suicide prevention training, or for those who belong to organisations which currently provide or fund suicide prevention training for their staff.

# Fatigue in the Workforce - COVID Issues

Fatigue is emerging as a significant workplace problem - in both employees who are returning to work after COVID, and in employees who have avoided COVID and are continuing to work, often long hours, to cover staff who are absent with COVID. For both groups, current fatigue issues are occurring on top of the extraordinary stresses of the last two years.



## Workers returning to work after suffering COVID

For many people, the COVID infection lasts a couple of days, though it is common for it to last two to four weeks. This infection phase is called 'acute' COVID. It is best that people stay off work until they are well enough to return, although some, with the right support, might be able to return on a part-time or phased basis as they recover and feel well enough. However, some workers who may still be struggling to manage day-to-day activities may return to work when they still feel unwell and fatigued because they need to work for financial reasons or because they are desperately needed back in the workforce by their employers because so many people are off sick. 'Long COVID' is a term which may be used after the post viral stage, which could be after 10 weeks from initially contracting COVID. This prevents people from doing normal activities. It is estimated that one in ten people have symptoms for twelve weeks or longer after an acute COVID infection.

While recovery from COVID can be slow, many people improve with time, and treatments are improving as more is known.

## COVID-free workers working long hours/extra shifts to cover staff absences

In businesses hit hard by COVID absences (including emergency responders, the healthcare workforce and essential services), the remaining employees are especially stretched thin. They are often working longer hours than usual, and/or may be working more shifts or over-night. This extra work leaves less time to sleep and recharge.

Under normal circumstances, adults need 7 to 9 hours of sleep every night, coupled with opportunities to de-compress (or wind down) and rest after they finish work. Adequate time for sleep, rest and recovery is vital for good health and emotional well-being. But current COVID stresses, with longer work hours and more shifts, as well as stressful or physically demanding work, can lead to poor sleep and extreme fatigue. Some of the people working these longer hours and more shifts are people who have had COVID and are still recovering and may have COVID fatigue. Fatigue increases the risk for injury, more infections (e.g influenza, colds) and emotional and mental health problems.

Here are some general strategies that workers and employers can use to manage workplace fatigue and work safely.

[Covid19.govt.nz/vaccine](https://www.covid19.govt.nz/vaccine)

[New Zealand Government](https://www.govt.nz/)



South Canterbury  
District Health Board

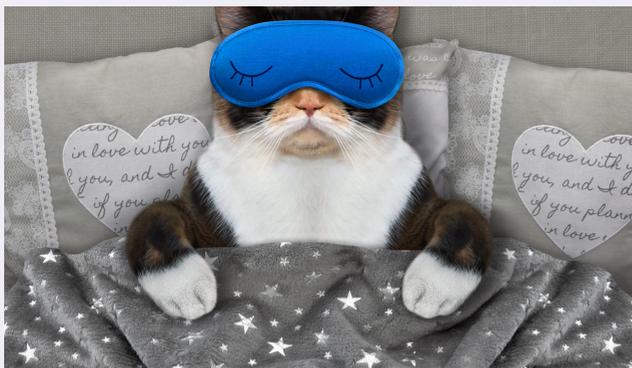
Unite  
against  
COVID-19

## What workers can do when they feel too fatigued to work safely

Recognise these are stressful and unusual circumstances and you may need more sleep or time to recover.

### Tips to improve sleep:

- You'll sleep better if your room is comfortable, dark, cool, and quiet.
- Don't sleep with your phone. Don't charge it in your bedroom. Don't look at your phone if you can't sleep and don't look at it in the period before you go to bed- the blue light stimulates your brain and keeps you from falling asleep.
- If it takes you longer than 15 minutes to fall asleep, set aside some time before bedtime to relax: try meditating, relaxation breathing, and progressive muscle relaxation.
- Before you begin working a long stretch of shifts, try "banking your sleep" – sleeping several extra hours longer than you normally do.



- After you've worked a long stretch of shifts, remember it may take several days of extended sleep (for example, 10 hours in bed) before you begin to feel recovered. Give yourself time to recover.
- Avoid sunlight or bright lights 90 minutes before you go to sleep, when possible. Exposure to light just before bedtime can cause you to feel more awake.
- If you work a night shift and drive home during sunlight hours, try wearing sunglasses to reduce your exposure to sunlight during your drive home.

- Consider using blackout shades at home when sleeping. Take naps when you have the opportunity.
- A 90-minute nap before working a night shift can help prevent you from feeling tired at work.
- Eat healthy foods and stay physically active because it can improve your sleep.
- Before you go to sleep, avoid foods and drinks that can make falling asleep more difficult:
- Avoid alcohol, heavy meals, and nicotine for at least 2–3 hours before bedtime.
- Don't drink caffeine within 5 hours of bedtime.

### What to do if you feel too tired to work safely.

- Use a buddy system while you're at work. Check in with each other to ensure everyone is coping with work hours and demands.
- Watch yourself and your work colleagues for signs of fatigue — like yawning, difficulty keeping your eyes open, and difficulty concentrating. When you see something, say something to your workmates so you can prevent workplace injuries and errors.
- If your employer has a programme to help you manage fatigue on the job, read the information about it make sure you fully understand your employer's policies and procedures for helping employees manage fatigue. Healthcare and fisheries, for example, have policies for managing fatigue.
- Report any fatigue-related events or close-calls to a manager to help prevent injuries and errors.
- Do not work if your fatigue threatens the safety of yourself or others. Report to a manager when you feel too tired to work safely.

## What employers can do to reduce fatigue in the workplace for workers

- Recognize that these are stressful and unusual circumstances and risk for fatigue may be increased.
- Create a culture of safety with clear coordination and communication between management and workers. This can include establishing a Fatigue Risk Management Plan or strategies for fatigue mitigation on the job. Share and ensure that employees understand the processes.
- Spot the signs and symptoms of fatigue (e.g., yawning, difficulty keeping eyes open, inability to concentrate) in yourself and your employees and take steps to mitigate fatigue-related injury or error.
- Create a procedure that does not punish workers for reporting when they, or their colleagues, are too fatigued to work safely. Build it into team culture as an example of how management and staff can support each other.
- Develop processes to relieve a worker from their duties if they are too fatigued to work safely.
- If possible, and if staff agree, consider assigning workers who are just starting their shifts onto safety-critical tasks.
- If possible, rotate workers or groups of workers through tasks that are repetitive and/or strenuous. Be sure to clean and disinfect tools or workstations that have to be shared.
- If possible, schedule physically and mentally demanding workloads and monotonous work in shorter shifts and/or during day shifts.
- Provide information for workers on the consequences of sleep deprivation and information to help them manage fatigue.
- Allow staff enough time to organise their off-duty life and obligations and get sufficient rest and recovery.
- Schedule at least 11 hours off in-between shifts (each 24-hour period), and one full day of rest every seven days for adequate sleep and recovery.
- Don't penalise those workers who can't work extra shifts/longer hours (e.g., because they have to care for children).
- If rotating shift work is needed, use forward rotations (day to evening to night) and provide staff with sufficient notice when scheduling, particularly if there is a shift change.
- Avoid scheduling staff for more than 12 hours, if possible.
- Encourage regularly scheduled breaks in clean and safe areas where social distancing can be maintained. Recognize the need for additional time for increased hand hygiene and putting on/taking off required personal protective equipment (PPE).
- If possible, provide transport to and from work, especially for long commutes.
- Consider arranging for nearby offsite housing for those working extended shifts and at high risk for COVID-19, such as health care workers. Nearby housing will reduce travel times, allowing for more rest and recovery.

*Some of these recommendations are taken from CDC guidelines for managing workplace fatigue.*



**NEED TO TALK?**

**1737**

**1737 NOW HAS THE OPTION TO TALK TO SOMEONE WITH LIVED EXPERIENCE OF WAIRANGI/MENTAL DISTRESS. IT'S YOUR CHOICE. YOU CAN CHOOSE A COUNSELLOR OR A PEER SUPPORT WORKER WHEN YOU PHONE 1737 BETWEEN 2PM AND 10PM.**

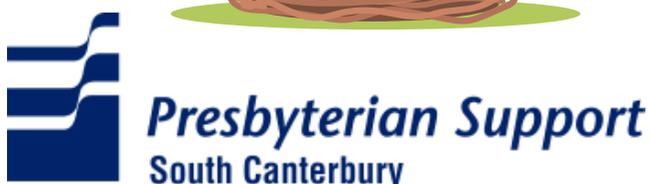


### **Presbyterian Support South Canterbury Family Works Services**

We are accepting requests for all of our services currently - Counselling, Social Work, Family Start, Strengthening Families, Family Harm Service for women and children and many others go to our website to see what is available

[www.pssc.org.nz/family-works](http://www.pssc.org.nz/family-works) or contact our intake team on 027 373 8674.

Happy Easter from all of the staff at Family Works.



Just a Thought is an online learning tool that improves mental wellbeing. It's free for everyone in New Zealand. You should never have to wait for help, so we've made sure it's free and available 24/7. And it works!

When life is tough Just a Thought can teach people how to manage their thoughts and feelings to help them feel better.

It is an evidence-based therapy (Cognitive Behavioural Therapy) which has been proven to be significantly helpful for people experiencing mental distress.

People who have used Just A Thought report that they value the fact that it is free, convenient (they don't have to take time off work or make an appointment), private, helpful and effective. People also like the fact that they can go back and repeat modules they found especially helpful as often as they like, or whenever they feel they need some help when they are going through a tough time.

### **STAYING ON TRACK**

This free online course introduces easy-to-use, practical strategies to cope with the stress and disruption of day-to-day life as an impact of COVID-19.

### **GENERALISED ANXIETY COURSE**

Generalised anxiety is the most common way anxiety can present itself. This course helps people who identify as 'chronic worriers', or who find that their levels of worrying is interfering with their daily life, work, relationships, or leisure.

### **DEPRESSION COURSE**

One in five New Zealanders will experience depression in any given year. People living with depression experience recurring periods of sadness, loss of interest, poor concentration and feelings of worthlessness. This course helps individuals reduce their symptoms of depression both in the short and the long term.

# Resolve Conflict & Maintain Your Wellbeing

It's tough out there. Reward yourself and your team with two hours "me- time".

Learn valuable techniques to recognise, respond and defuse stress and conflict in the workplace and within ourselves.



## Steph Holloway, Elemental Potential: 'Ping Theory'

'Pings' are emotional triggers affecting how we feel and react. This session will make you stop and think about what to invite in, accept and then learn to live with – and how you can change that, if you want to.



## J-A McIltraith, SCDHB

Recognising and understanding behaviours, knowing when and how to ask for help. Learn about the 'power and control' that causes silent stress.



## Dr Annette Beautrais, SCDHB

Examining some reasons and triggers for conflict during this uncertain time, offering some ways to address conflict in the workplace, and at the same time, look after your own wellbeing.

## Book your team today!

### Book Fairlie

Date: Thursday, 28th April

Time: 9am - 11am

Venue: EAT Cafe (Upstairs)

### Book Twizel

Date: Wednesday, 18th May

Time: 10am - 12pm

Venue: Poppies Function Room

*Hosted by SC Chamber of Commerce.*

**Reduced cost of \$15.00+GST thanks to support from Mackenzie District Council.**



FREE  
SUICIDE PREVENTION  
TRAINING

REGISTER NOW!

TIMARU  
FRI 8 JULY 2022  
8:30AM - 5:00PM



LeVe

# LIFEKEEPERS

**Kia hora te marino, kia papa pounamu te moana, kia tere te karohirohi i  
mua i tou huarahi.**

May calm and tranquility be widespread, may the waters that you sail in glisten like  
greenstone, and may their shimmering light guide you safely on your journey.

---

The **LifeKeepers** programme aims to equip communities and whānau with the  
knowledge and skills needed to help prevent suicide.

Through this training you will:

- learn how to talk responsibly about suicide
- gain an understanding of the risk factors that contribute to someone being suicidal
- learn what to look for when someone may be at risk of suicide
- develop strategies for how to ask about suicide, respond with confidence, and engage different services and supports

LifeKeepers suicide prevention training is **FREE**, evidence based, clinically safe,  
culturally responsive, and available to New Zealand citizens and residents 18 and over\*

Register now via the website: [www.lifekeepers.nz](http://www.lifekeepers.nz)

\*LifeKeepers is funded by the Ministry of Health to provide suicide prevention training for those New Zealanders who are most likely to interact with people at risk of suicide and who do not already have access to funded suicide prevention training. The programme has not been funded for registered professionals who already have access to suicide prevention training, or for those who belong to organisations which currently provide or fund suicide prevention training for their staff.