

# NEWSLETTER



## **Kia kaingakau ō tatou hauora, Kia kore i mahue nga tāngata.**

*'Treasure the health and wellbeing of everyone, leaving no one behind'*

*"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever. In its place is something that you have left behind. Let it be something good."*

*- Winnie the Pooh*

Dr Annette Beautrais  
Wellbeing and Suicide  
Prevention/Postvention  
Coordinator



#### 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.

# PROVEN TIPS TO HELP YOU SLEEP BETTER AT NIGHT

If you're waking up tired and fuzzy-headed, it can be harder to remember things; like where you left the keys when you're rushing to get out the door, or maybe when you are at work, you don't feel as focused or productive as you could be.

Being tired also throws your hunger hormones out of whack — a sleepy brain loses executive function, so it's harder to make healthy food choices. What that means is, when you hit a wall late in the afternoon, you're more apt to grab a bag of chips, or other sugary or salty snacks that would not get a nutritionist's stamp of approval.

Not surprisingly, by the time you get home you may be feeling irritable or cranky, and a little wound up. Not the best state of mind for peacefully drifting off a few hours later.

To feel your best during the day, you need to sleep well at night. Unfortunately, there's no magic wand you can wave to make that happen. But there are some simple steps you can take to help you sleep better.

## 01 The ideal room for sleep is cool and dark.

Most experts agree that the sweet spot for temperature is between 15 to 19 degrees. According to a National Sleep Foundation poll, 73% of people say the darker the room the better. 65% of people use shades, curtains, or blinds to block unwanted light.

## 02 Peace and quiet make for bedroom bliss.

Many people rely on "white noise" or some type of ambient sound to help mask disruptive noises like car horns or traffic. You can also use a fan (which will do double duty, keeping your room cool) or try one of the many soothing sleepcasts or some sleep music. Sleepcasts run about 45 minutes and can help create a relaxing, peaceful environment for sleep.



## 03 Choose the bedding (and sleep position) that's best for you.

A comfortable mattress and pillows are essential for good sleep, but whether they're soft or firm is up to you. The pillow you choose may depend on your preferred sleep position. If you're a side sleeper (as most people are), your pillow should comfortably support your head, neck, and ear as well as your shoulder. People who sleep on their backs should consider a thinner pillow to limit stress on the neck.

## 04 Declutter your bedroom.

If your bed feels dreamy but your room is a mess, you could be at a higher risk for sleep problems. Studies suggest that those surrounded by clutter are more likely to have a sleep disorder. What your eyes see when you walk into a room can influence whether or not you'll have an easy time falling asleep. So, as many of our parents used to say, clean up your room!

## 05 Music can soothe us.

Rather than listening to the news — or the chatter in your head/mind — when you get home, put on your favorite music. While classical music has been shown to lower blood pressure and reduce stress, any music that you enjoy will help you quiet down and lift your mood.

## 06 Consider limiting caffeine and alcohol later in the day.

Part of the winding down process at night actually begins during the day. It includes exercising early, limiting caffeine — coffee, tea, and soda — after lunch, avoiding foods that might upset your stomach, and perhaps skipping happy hour, since alcohol too late in the day can diminish sleep quality.

# Too Easy MEALS

Convenient & nutritious meals made by Presbyterian Support South Canterbury, heat and eat Frozen Meals are the perfect solution!

**Click & Collect or Delivery in Timaru town boundary only.**

**Or give us a call on 03 687 7945, then press 1**



## Connection | Community | Support

We celebrate and support our vibrant local community. The Aoraki region is home to people from a diverse range of cultures and backgrounds, and this is part of what makes it such a wonderful place to live.

People who are new to the area or who don't have English as their first language may find it difficult to navigate New Zealand systems and services. We provide guidance and support, help connect people to services and advice, and can advocate for people with those agencies if needed.

We believe in celebrating the rich cultural diversity we have in our community, and work closely with cultural groups to host events, promote understanding, and bring the community together.

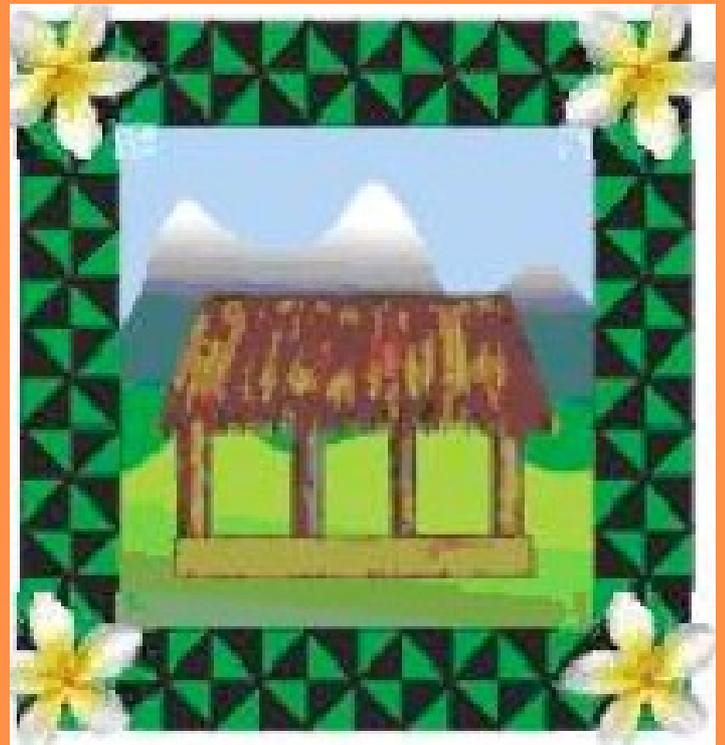
## Contact Multicultural Aoraki

Phone : +64 03 687 7332

Location: 27 Sophia St, Timaru 7910

Email us: [info@multiculturalaoraki.org.nz](mailto:info@multiculturalaoraki.org.nz)

Office Hours: 8.30am - 5pm Mon-Fri



## Fale Pasifika o Aoraki

Fale Pasifika O Aoraki provides support for Pacific people living in our region, from Ashburton to Ōamaru, right through the Mackenzie District. Some of the services include:

- Whānau Ora
- Fakelekesi Mareqeta (mother & pepe programme)
- Emergency Housing
- Pacific Health Homes Project
- Whānau Resiliency
- Prevention & Intervention of family violence
- COVID-19 Response

We are here to help you get sorted; contact us for help with government departments, completion of forms, health and wellbeing etc. We run the local anti-violence campaign and are here to listen when you need it. We also organise and run many community groups and events.

You can follow us on Facebook: Fale Pasifika o Aoraki

Phone : 022 091 3726

Location: 27 Strathallan St, Timaru 7910

Email us: [maureen@falepasifikaoaoraki.org.nz](mailto:maureen@falepasifikaoaoraki.org.nz)

Office Hours: 9.00am - 5.00pm Mon-Fri

# WORK STRESS - AVOIDING AND MANAGING BURNOUT

Burnout has been defined as a syndrome of emotional and physical exhaustion, feelings of negativity or cynicism related to one's job, and a sense of low personal accomplishment that leads to decreased effectiveness at work.

Burnout seems to occur mainly, but not exclusively, in professions that involve personal interactions, such as physicians, nurses, social workers, call-centre staff, and teachers. It can also affect people who are in unpaid work, such as caregivers. Some personality types are more prone to burnout than others.

Burnout is an occupational condition, not a medical one. However, the health consequences of burnout can be serious. Chronic stress from burnout can lead to fatigue, insomnia, substance misuse, high blood pressure, heart disease, depression and anxiety.

In the workplace, burnout can be associated with reduced productivity and effectiveness, and it contributes to staff turnover.

Some of the workplace factors which can lead to burnout include:

- High workload
- Lack of control and autonomy
- Insufficient reward and recognition



- Poor sense of community at work
- Perceived lack of equity and fairness at work
- Mismatch in values between the individual and the organisation.

## How to protect against burnout Workplaces

Workplaces need systems in place to ensure that, as far as possible (recognising COVID and winter illnesses lead to staff shortages) employees have sustainable workloads, choice and control, recognition and reward, a supportive work community, fairness, respect, clear values and meaningful work.



## Individuals

- Peer support and supervision - a priority in caregiving work
- Protected reflection time
- Education and ongoing updated training
- Clarity about the job, realistic expectations and responsibilities
- Prioritise self-care and develop resiliency - see below for resources
- Take annual leave, sick leave, and create strict boundaries between home and work
- Have a life outside work.

## Recovering from burnout

People can recover from burnout. Usually they need:

- Time off work or a change in work duties, a secondment or sabbatical, or a holiday or time completely away from work responsibilities



- To prioritise physical wellbeing - exercise, sleep, nutrition, meditation, etc
- To foster emotional wellbeing, connecting with people
- To allocate time to activities they enjoy
- To understand what contributed to burnout, and remedy the situation - may mean major life changes or minor adjustments.

## Avoiding burnout

Proactively prioritising self-care is a good plan for avoiding or responding to burnout.

It is also a good strategy for managing the major challenges of the pandemic and whatever lies ahead.

The Black Dog Institute has a 4-stage self-care plan which guides you to manage your emotions during periods of high stress. You can use it to evaluate your coping skills, identify your daily self-care needs and replace negative coping strategies with positive alternatives:

<https://www.blackdoginstitute.org.au/news/how-to-use-self-care-planning-to-improve-your-emotional-wellbeing-even-when-you-dont-think-you-need-it/>

# 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**



# COMPASSION FATIGUE

For health professionals, first responders and other healthcare providers, helping others and offering care and compassion are integral and rewarding parts of work. However, offering support, care and compassion can also be emotionally demanding and stressful, particularly if people are frequently exposed to other peoples' problems and traumatic experiences.

With COVID stresses and winter illnesses impacting the workforce, managers and those people working in customer-facing roles, are also facing compassion fatigue. Managers are finding their jobs have expanded to include stepping up and managing COVID's impact on their business, keeping up with changing government requirements around COVID and vaccinations, dealing with product shortages and delays, juggling staff illnesses and absences, and coping with care and compassion staff with problems, including those who are fatigued, distressed, recovering from illnesses, and who may have mental health problems.

Staff in public-facing roles have to respond to people who are distressed, short-tempered and frustrated by their problems, as well as masking requirements, staff shortages, and reduced operating hours. These staff may find it difficult to provide the usual good customer services and assistance.

Compassion fatigue and struggling to provide caring responses can affect your mental and physical wellbeing and your ability to care for others.

Compassion fatigue seems to be the efforts of the body to protect itself from emotional overload. Symptoms, which occur in the context of helping others, include tiredness, depression, anxiety, loss of morale, difficulty in being caring towards others, detachment or emotional numbness, and physical or emotional exhaustion.

Caregivers and health professionals are especially vulnerable to compassion fatigue. During the pandemic, caregivers are responding not only to patients, but to extraordinary challenges at work, to their own personal and family stresses, and to media reports dominated by stories of pain, suffering and war.

Compassion fatigue can be avoided and addressed by enhancing opportunities for compassion to be rewarding, and by getting enough support at work. There are also some simple tools and interventions that individuals can do for themselves that may be helpful.

While good self-care may seem an obvious approach, it is something that people who are used to being care-providers may find hard to prioritise when caring for others. However, studies have found that caregivers who practice a greater number of self-care strategies experienced lower burnout and compassion fatigue.



# COMPASSION FATIGUE CONTINUED

## Tips to Avoid Compassion Fatigue:

1. Have a manageable patient or work load as far as possible, know and set boundaries and limits
2. Use as many "others" as possible in your work. Work as a team
3. Take a "Mental Health Day" when needed
4. Laugh, joke, have time to unwind
5. Prioritise self-care
6. Have a holistic approach to taking of care of your self – mind, body, feelings, spirituality
7. Proactively avoid and manage stress: Find ways to let go of stress. Do not allow stress or take on others' stress. Reduce anxiety. Recognise that you have choices
8. Have an understanding supervisor
9. Have supervision with supervisor and peers
10. Get and give feedback with supervisor and peers
11. Read information. Go to workshops and training seminars related to compassion fatigue
12. Be assertive about your feelings and concerns
13. Recognise your limits and let people know your limits
14. Process, talk things out. Talk to a healthcare professional if needed
15. Have a safe work environment
16. Stay organised
17. Practice mindfulness, yoga, meditation.





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 Whāraurau



# SI Masters Games. It's Your Time.

WE INVITE YOU TO JOIN US IN  
TIMARU FROM 7-16 OCTOBER, 2022.

## South Island Masters Games: South Canterbury, 7-16 October, 2022

Proving age is no barrier to participating, the Summerset South Island Masters Games will host over 30 sports and attract thousands of competitors from all over the South Island and beyond.

The goal of the Masters Games is to encourage participation in sport where camaraderie and competition are equally celebrated. People compete for various reasons whether it is to stand on the podium, improve their personal best or catch up with friends and enjoy the social atmosphere.

For most sports there is no qualification criteria other than age. That means anyone can compete – either to win or simply have fun.

We invite you to join us in Timaru.

Registrations can be made through [www.simasters.com](http://www.simasters.com)

### Our Partners



# FOODS TO EAT TO BOOST YOUR IMMUNE SYSTEM

You need a strong immune system to fight off COVID, influenza and the respiratory illnesses that are widespread this winter. Here are 15 foods that are shown to fight inflammation and boost immunity. Eat them now for a stronger immune system, whether you are dealing with COVID-19 or another disease that requires your body to be healthy and strong.

To have a stronger immune response you need to eat a diet high in plant-based foods. Your immune system's response is the only thing that can fight the disease. All other therapies are in support of your immune system. The building blocks of your immunity are helped by the micronutrients in your food, such as antioxidants and vitamins and minerals, and nothing delivers those better than fruits and vegetables, legumes and nuts and seeds.

**RED PEPPERS**



**CITRUS**



**BROCCOLI**



**GARLIC**



**GINGER**



**GREEK YOGHURT**



**KIWIFRUIT**



**TUMERIC**



**GREEN TEA**



**ALMONDS**



**SUNFLOWER SEEDS**



**MISO SOUP OR PASTE**



**SPINACH OR KALE**



**CHICKEN SOUP**



**TOMATOES**



# WHAT IS A MENZSHED?

In a rather large nutshell, Menzshed NZ say "A shed brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the shed or community).

The sort of projects a shed tackles is entirely up to the shed concerned, however most sheds around New Zealand take on some community projects, examples of which include building playgrounds for pre-school centres, repairing toy library stock, repairing old bikes for distribution to poorer communities, building planter boxes for the main street of the local central business district, and the list goes on."

The sheds are great places for blokes to learn new skills. You will see builders teaching engineers some of their skills and vice versa, accountants being shown a plethora of skills they never had the opportunity to learn in their working life. Some sheds have women members or have sessions catering for women who wish to acquire new skills and get involved in personal or community projects.



You often hear stories of men and women retiring and finding the shock of being at home all the time can cause some friction, so a local shed is a great place to escape the stresses of "underfoot syndrome", and the result is that women are among the most ardent supporters of Sheds.

Men are known to have smaller circles of friends than women, so the Shed offers opportunities to foster new friendships outside the social circles their partners establish.

One Sheddie once stated, after 10 months of development of his local Shed with a membership of more than fifty; "Ten months ago none of us knew each other, but now it feels like we all went to kindergarten together!"

On a more serious note, men's sheds are an ideal place for health professionals to gain access to men who may otherwise not take as much care of themselves as they could, and many Sheds invite them to give informational talks and basic health checks at the Shed in the men's own environment where they feel the informality makes for a more relaxed atmosphere.



MENZSHED New Zealand is the body which represents and supports sheds nationwide. They aim to:

- Bring sheds together to enable them to establish relationships and collaborate where appropriate.
- Promote the concept to communities without sheds, and support groups as they go through the establishment phase – and this includes linking new groups with nearby established sheds and our team of regional representatives.
- Establish national sponsor relationships. Sheds often initiate relationships at a local level too.
- Encourage sheds to act autonomously. We encourage sheds to make their own decisions and rules but we have resources to assist.
- Operate at minimal cost to sheds. Member sheds pay a \$25.00 annual fee.
- Organise national conferences, which are currently on a two year cycle.
- Allow sheds to drive the organisation rather than the organisation driving the sheds.

## WHAT IS A MENZSHED? CONTINUED



There are Men's Sheds in Timaru, Temuka and Geraldine, and there is interest in re-establishing one in Waimate. The Timaru Menz Shed is at 9b Shaw St Redruth, and the men meet Tuesday, Thursday and Saturday from 9am to 12.30pm. They welcome anyone who is interested – just turn up. More information is available on their website <https://menzshed.org.nz/timaru/>.

Last month, Te Whatu Ora, South Canterbury, with help from Bron Williams of the Fairlie Community Library, organised Men's Health and Social Evenings in the Mackenzie district. At these talks, men in both Twizel and Fairlie decided to pursue the concept of starting a Menz Shed in each centre. We will provide updates on progress in future newsletters, and advertise future events widely, so that anyone interested can join in.

### **In the meantime, please contact:**

Annette Beautrais

Email: [abeautrais@scdhb.health.nz](mailto:abeautrais@scdhb.health.nz)

Phone: 03 687 2192

A version of this article was first published in The Twizel Update and we thank Matt Gunn for allowing us to reproduce it here.

**MENZSHED<sup>®</sup>**  
**NEW ZEALAND**

**\*REGISTRATION  
ESSENTIAL**



**\*REGISTRATION  
ESSENTIAL**

# ★ **FREE DOTS COMMUNICATION WORKSHOP WITH AMY SCOTT** (USUALLY \$695 PER PERSON)

Do you, your team mates &/or your family members want to:-

- ✓ tap into your/their true potential
- ✓ build stronger relationships (at work & home)
- ✓ communicate more effectively
- ✓ get onto absolutely anyone's wavelength; and
- ✓ have an energising fun experience whilst learning? YES!!

**REGISTER NOW** using links below!

## **TIMARU**

**Landing Service  
Conference  
Centre**

**Tuesday  
27 Sept 2022**

**9am - 12.30pm**

## **FAIRLIE**

**Fairlie  
Golf  
Club**

**Wednesday  
28 Sept 2022**

**9am - 12.30pm**

## **TWIZEL**

**Poppies  
Cafe**

**Thursday  
29 Sept 2022**

**9am - 12.30pm**

<https://www.scchamber.org.nz/events-training/training/health-and-wellbeing-timaru/>  
<https://www.scchamber.org.nz/events-training/training/health-and-wellbeing-fairlie/>  
<https://www.scchamber.org.nz/events-training/training/health-and-wellbeing-twizel/>

★ For more information please email Annette - [Abeautrais@scdhb.health.nz](mailto:Abeautrais@scdhb.health.nz)  
or ☎ phone **03 687 2192** \*\* STRICTLY LIMITED SEATS \*\*

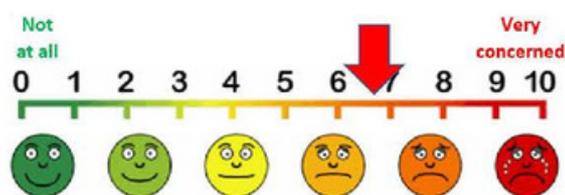
# TIMARU SENIOR CITIZENS SURVEY

## LIVING with COVID-19 in the COMMUNITY

### Recognising the impact

During the last two months Age Concern South Canterbury asked 98 older residents about the impact of Covid-19. Results indicate Covid-19 generated anxiety about their health, and concerns about contracting Covid led many to put self-imposed restrictions on their social activities.

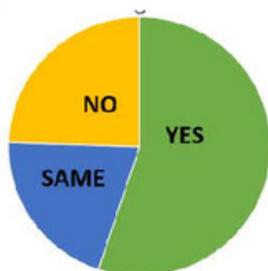
How concerned are you about catching Covid?



The average rating was 6.73 – i.e. most were quite concerned.

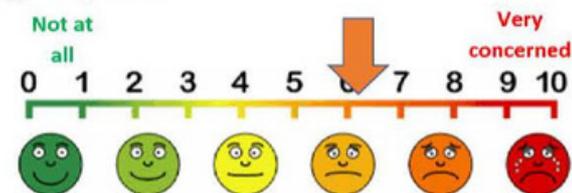
Are you trying to stay home as much as possible?

More than half (55%) said they were trying to stay at home as much as possible.



While they were keen to get out and about they were choosing to voluntarily isolate and avoid crowded spaces, for fear of catching Covid or influenza.

How concerned are you about going out?



The average rating was 6.09 – i.e. most were quite concerned.



Do you feel more anxious or worried now than during the pandemic?



40% said yes.

If they do leave the house, it is only for essentials - groceries or for immediate health needs.

Many lack access to digital tools for online banking, ordering or staying connected.

Their major worries were catching Covid, wearing masks and avoiding crowds.

While staying home has kept older people safe from Covid, it has a damaging effect on their mental health and wellbeing.

Staying home can contribute to decreased physical activity, loss of confidence and mobility, which lead to more falls and injuries, loss of independence and, ultimately, more admissions to hospital and aged care facilities. The survey shows only about half are engaged in outdoor recreation.



# FOUNDATION HEALTH HABITS

Foundation health habits are the habits that keep us well. Wellness isn't just the physical absence of illness and disease. Wellness involves maintaining good physical and emotional health so that you can enjoy life when times are good and be resilient when times are challenging.

These foundation habits require some discipline but set you up for good physical and emotional wellbeing throughout your life, as well as when times are tough.

## 1. Exercise

Exercise is valuable in itself and is the starting point for developing healthy habits in other areas. It is important to keep physically fit because, after age 30, you begin to lose as much as 3% to 8% of your muscle mass each decade.

\* Just 10 to 30 minutes of daily physical exercise can instantly lift your mood.

\* The best benefits are from aerobic exercise, which increases heart rate and pumps more oxygen into the brain.

\* Exercise every day - even if it is only for 10 minutes some days.

### Exercise:

- Increases blood flow, oxygen and nutrients throughout your body
- Gives you more energy, improves reaction times, and lifts your mood
- Helps you maintain a healthy weight, maintain muscle mass and sleep better
- Can improve learning, memory, cognition, focus and reasoning
- Exercise boosts your brain health, protects your brain from ageing and neurodegenerative diseases and may delay the onset of ageing and dementia
- Exercise promotes neurogenesis - the growth of new brain cells.

### Tips for making exercise a habit:

- The minimum amount of exercise to get these benefits is 3 to 4 30-minute sessions a week
- Prioritise exercise and allocate non-negotiable exercise slots in to your weekly timetable.
- Win the morning - win the day! Make exercise easy to do by always laying out your exercise gear the night before so it is ready for you
- Do something productive first thing every morning - like making your bed. It sets the tone for good fitness habits.
- Try 'streaks' - do something every day, and don't miss a day - don't break the streak.



## 2. SLEEP

Sleep should always be your first priority for good health. Sleep is an essential function that allows your body and mind to recharge.



### Sleep:

- Reduces the risk of heart disease, obesity, diabetes and dementia.
- Improves cognitive health, and helps better cognition and retention of information.
- Reduces risk of depression & anxiety
- Can Improve social and emotional intelligence.

### Tips for good sleep:

- Keep to the same wake-time and bedtime each day, including weekends.
- Don't start any new tasks after sunset.
- Get a routine to wind down at night time.
- Don't take your phone to bed or charge it in your room.
- Limit blue light stimulation in evenings - don't use your phone just before you go to sleep.
- Open the windows and have plants in your room to improve ventilation.
- Keep your room tidy and clear of clutter.

- Fresh foods enhance gut health which helps with mood, sleep, nutrient absorption and immunity.

### Tips for healthy food:

- Canned and frozen vegetables are just as healthy as fresh
- Always have convenient healthy fruit and vegetable options on hand
- Eat the rainbow - foods of various colours have specific health benefits
- Eat seasonal produce, and foods which are close to their natural sources.



## HYDRATION

### Water:

- Can give a mental and emotional boost of energy
- Helps better absorption of nutrients from food
- Helps your digestive system
- Helps move nutrients to cells
- Supports cognitive performance
- Promotes emotional regulation
- Supports weight management by giving a sense of fullness
- Increases metabolic rate.



## 3. NUTRITION AND HYDRATION

### NUTRITION

\* Nutrition helps to maintain a healthy immune system, particularly important as we face the threat of COVID, COVID variants, influenza and respiratory viruses.

- Vegetables and fruit can provide nutrients for a burst of energy
- Plant-based foods help regulate appetite and minimise cravings
- Good nutrition improves digestive health and helps prevent heart disease, stroke, diabetes, and some forms of cancer

### Tips for making hydration a habit:

- Always take a glass of water when offered, and always carry a water bottle
- Drink water in different ways - still, sparkling, herbal teas, etc.

## 4. STRESS MANAGEMENT

Stress can cause irritability and impatience with others, and can contribute to feelings of insecurity, and relationship conflicts. Effective stress management means you can be happier, healthier, and more productive. Taking active steps to manage stress is especially important when there seems to be a lot of bad news about things you can do very little to control.

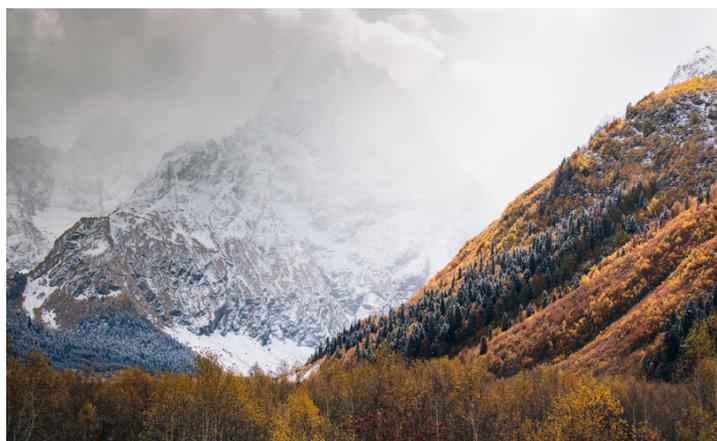


### Activities which help you manage stress and foster emotional wellbeing:

- Prioritise self-care - especially if you are a care-provider at work and/or at home
- Schedule time to rest
- Read a book
- Sit in the sun
- Spend time with animals
- Treat yourself to a massage
- Practice yoga, meditation, Tai Chi
- Catch up with a friend
- Limit time on social media, and limit 'doom-scrolling'
- Get outside for a walk in nature.

## 5. NATURE

Nature is vital in keeping us emotionally, psychologically and physically healthy, and for effective stress management.



- Time spent in nature improves physical and mental health. It can lower depression and help manage chronic disease.
- Exposure to natural light promotes the release of serotonin, the happy hormone.
- Natural light is important for your body's sleep-wake cycle. Your eye light sensors
- detect light and dark in your environment and release sleep and wake hormones accordingly.
- Light in the morning can improve sleep at the other end of the day. Try to schedule a morning walk if possible.

### Tips for spending more time in nature :

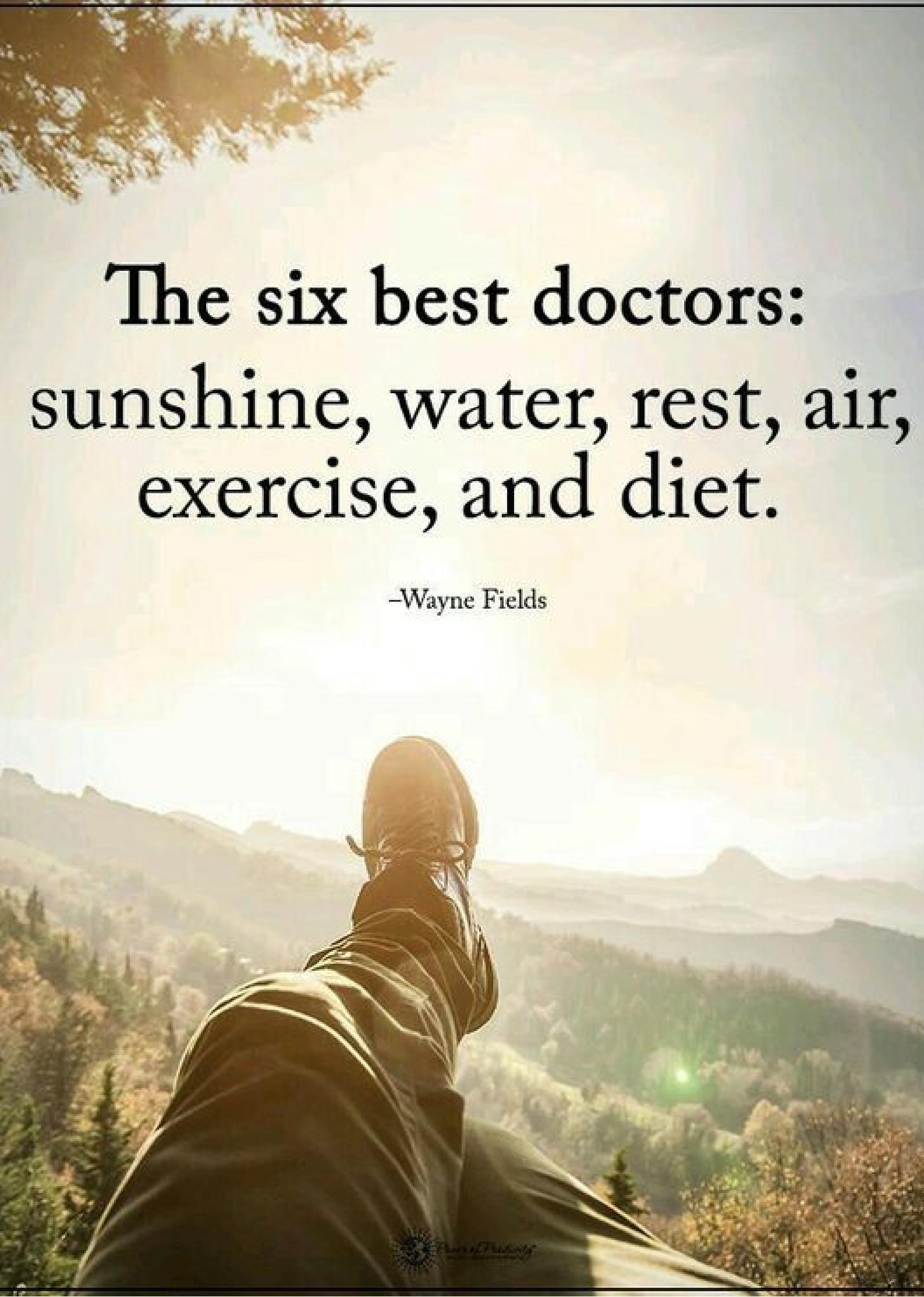
- Prioritise time outside in your diary - allocate the same time every day for this.
- Engage company - friends to walk with helps maintain your commitment
- Invest in wet weather gear
- Set up habit streaks - go out every day and don't break the streak
- Schedule rewards - go away for weekends to do 5k, 10k, half/marathon walks



## 6. SOCIAL CONNECTION

Social connectedness to others is very important, but keeping connected for wellbeing is more than just social connection. It can be:

- Time with your pet
- Getting outside in nature
- Time spent doing a hobby
- Anything that matters to you and fosters emotional wellbeing
- Establish a Gratitude Habit - every day think of three things you are grateful for, or enjoy doing... There is a strong link between gratitude and wellness
- Spend less time on social media and more time on exercise and socialising face-to-face.



**The six best doctors:  
sunshine, water, rest, air,  
exercise, and diet.**

-Wayne Fields



Family Mental Health Support Inc.

77 Grey Road  
Timaru 7910  
Phone: 03 6844523  
Freephone: 0800 732000  
Email: [office@famhs.nz](mailto:office@famhs.nz)

The family support service for mental health and addictions is delivered by registered nurses to the South Canterbury community. Mandy, Vicki and Erin work alongside family and whānau to enhance their ability to support a person who has (or may be developing) a mental illness or addiction, whilst maintaining their own wellbeing. Support options might include information and education about mental illness and addiction, problem-solving, crisis planning and liaison/advocacy with other services. The wellbeing of the family, especially children, is a focus of the support offered.

The service is free, confidential and mobile. Most referrals come from Kensington services, however referrals are welcome from the community. FAMHS is the only service in New Zealand where families are referred to FAMHS as part of the client's admission process, allowing families to be well supported throughout what can be a very challenging time.

FAMHS was very pleased to receive a new contract from the SCDHB for a primary clinical addictions nurse and Kylie was appointed in October 2021 to this community based position. Kylie, also a registered nurse, is receiving referrals from any community source, including GP practices, probation, Caroline House, self-referrals and other community services.

Kylie and Mandy run a lunchtime fortnightly family support group for families with someone in active addiction or recovery. FAMHS is supporting several grandparents who are raising grandchildren through addiction.

Kylie offers families information and education about addiction and how this may be affecting the whole family. She can also describe pathways and pre-requisites for residential treatment. Contact with family can be by home visits, phone or txts or appointments at the office. Kylie's direct dial is **0278602909**.

If you know of anyone who could benefit from this service, please get them to contact FAMHS on **03 684 4523** or **0800 732 000**.



# IS IT TIME TO RE-THINK YOUR DRINK?

We are in the middle of 'Dry July', there have been recent television programmes about New Zealanders' problematic use of alcohol, and a lot of people say they ended up drinking more during Covid lockdowns and while working from home. Coupled with more evidence about the harmful effects of alcohol - for example, it increases the risk of some cancers - is it time to **rethink your drink?** Follow this guide to: 1. See where your drinking is at present; 2. Check if your attitudes to drinking have undergone subtle changes; 3. Create some simple strategies to reduce your drinking

## STEP 1. AUDIT YOUR CURRENT ALCOHOL CONSUMPTION

Take the AUDIT screen tool. The scoring guide is to the right.		0	1	2	3	4	SCORE
1.	How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week	<input type="checkbox"/>
2.	How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5-6	7-9	10+	<input type="checkbox"/>
3.	How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	<input type="checkbox"/>
4.	How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	<input type="checkbox"/>
5.	How often during the last year have you failed to do what was normally expected from you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	<input type="checkbox"/>
6.	How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	<input type="checkbox"/>
7.	How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	<input type="checkbox"/>
8.	How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	<input type="checkbox"/>
9.	Have you or someone else been injured as a result of your drinking?	Never		Yes, but not in the last year		Yes, during the last year	<input type="checkbox"/>
10.	Has a relative or friend or doctor or other health worker been concerned about your drinking or suggested you cut down?	Never		Yes, but not in the last year		Yes, during the last year	<input type="checkbox"/>

### SCORING THE AUDIT

**TOTAL SCORE** Add up scores for all items  
**CONSUMPTION** Add up scores for items 1-3  
**DEPENDENCE** Add up scores for items 4-6  
**PROBLEMS** Add up scores for items 7-10

Speak to your GP or call the SCDHB Team 0800 277 997 if your scores suggest your alcohol use is concerning.

**TOTAL SCORE** A score of 0-7 – Low risk; 8+ suggest risky levels  
**CONSUMPTION** A score of 6 or 7 may show alcohol-related harm  
**DEPENDENCE** A score of 4 may show a dependence on alcohol  
**PROBLEMS** Any score for items 7 to 10 suggest alcohol use may be problematic

## STEP 2. LOOK FOR SUBTLE CHANGES

Even if your AUDIT scores show your alcohol use is at low risk levels, keep in mind that subtle changes may occur in your drinking over time. Check regularly on your drinking; use the following questions.

HAVE YOUR DRINKING BEHAVIOURS CHANGED?	HAVE YOUR ATTITUDES ABOUT DRINKING CHANGED?	HAVE THE EFFECTS OF ALCOHOL CHANGED?
<p>It can help to take a step back and check if your drinking behaviours have changed over time?</p> <ul style="list-style-type: none"> <li>- Are you drinking more often?</li> <li>- Are you drinking more at each drinking session?</li> <li>- Have the triggers for drinking changed (has drinking to celebrate become drinking to relieve stress?)</li> <li>- Are you involved in more social events that include alcohol?</li> <li>- Have you started drinking by yourself whereas previously you only drank socially?</li> <li>- Are you hiding your drinking?</li> </ul>	<p>Has there been change in how you think about alcohol? Look for changes like:</p> <ul style="list-style-type: none"> <li>- Increasingly seeing alcohol as a reward</li> <li>- Thinking of alcohol in increasingly favourable terms – Wine O’Clock, farewell drinks, Sunday Sessions.</li> <li>- More justifications around alcohol (e.g., <i>“I deserve a drink after the stressful day I’ve had!”</i>)</li> <li>- More permissive attitude about what is acceptable drinking (e.g. <i>“I probably shouldn’t be drinking as much as I do but it’s not as much as Jane drinks!”</i>).</li> </ul>	<p>Has the impact of your alcohol use changed over time?</p> <ul style="list-style-type: none"> <li>- Do you need more alcohol to get the same effect?</li> <li>- Do you find difficulty ‘connecting with people’ because your thinking is ‘foggier’?</li> <li>- Has your performance suffered because you feel hung over and your thinking is cloudy?</li> <li>- Are you taking greater risks or making poor judgements because of your alcohol use?</li> <li>- Is your alcohol use affecting your relationships?</li> </ul>

If you notice some changes that concern you then use try the tips below to get your drinking back on track or contact your GP, or the DHB team on 0800 277 997 who can help you with other changes you could make.

## STEP 3. MAKING CHANGES

**Be aware of the real cost of your drinking** - whether it is your finances, your weight, your relationships, your performance, your job or your health.

**Uncover the real reason underlying your drinking.** Is to relax after a tough day, to fit in, to cope with worries? Learn skills to deal with the root cause rather than masking the symptoms. For example, if you are drinking to unwind after a tough day, consider learning new skills or behaviours (e.g. exercise) to manage your stress more effectively.

**Reduce how much alcohol you consume.** There is an ever-increasing range of Zero or Low Alcohol drinks available.

**Count your drinks.** Keep track of how much you are drinking. Read the label of the bottle or can - it will tell you how many standard drinks it contains. Try **DrinkControl**, an alcohol counter app. It keeps track of how much you are drinking, the financial costs of your drinking and the calories consumed.

**Space out your drinks.** Have a glass of water or other non-alcoholic drink between each alcoholic drink.

**Eat before you start drinking.**

**Take less alcohol with you to events.** Include a couple of non-alcoholic alternatives.

**Stick to a budget.** Decide beforehand how much you want to spend on alcohol and take cash rather than cards to limit your spending. You’re more likely to stick to your drinking goals this way.

**Practice refusing the offer of a drink.** This might seem silly, but when you’re caught in the moment with no excuse it can be harder to say no. Plan beforehand what you’re going to say.

**Organise different social events.** If you want to catch up with friends then suggest an activity that tends to be incompatible with drinking - going for a walk, a swim, a movie or coffee, rather than a catch up at the pub.

Start off with these tips, and good luck! If you find that making changes is harder than you expected and you'd like some personal support, contact the SC DHB Team by calling 0800 277 997.

# THE IMPACT OF COVID-19 AND RECENT WORLD EVENTS

COVID-19 has had a significant impact on many aspects of our lives. In any circumstances, but particularly if employment and finances are threatened, a combination of stress and uncertainty can have significant and wide-reaching impacts on mental wellbeing.

After more than two years of stress and uncertainty many people are mentally exhausted by COVID, the threat of COVID variants, masking requirements, and the realisation that the world will not return to a pre-pandemic 'normal'. The stresses of COVID have been exacerbated by recent world events including the war in Ukraine, new COVID variants, influenza, major weather events, inflation, supply chain problems, and the threat of nuclear war.

## COVID Fatigue

The World Health Organisation describes COVID fatigue as being demotivated and exhausted by the demands of life during the pandemic".

The pandemic has meant loss of regular activities and social connections, roles and identity, and has required the need to constantly adapt to changes. These demands can result in strong emotional responses including sadness, anxiety, frustration, fear, irritability, anger, and boredom.

COVID fatigue and the impacts of other world events mean many people may feel distressed. If people are distressed, this can affect their physical and emotional health and wellbeing.

### Symptoms of COVID fatigue include:

**PHYSICAL:** Tiredness and poor sleep, headaches, cognitive ruination, poor attention and difficulty concentrating and confusion.

**EMOTIONAL:** Irritability, sadness, depression, anger, fear, loss of autonomy and control.

**BEHAVIOURAL:** Social isolation, increased use of alcohol and other substances and social avoidance.



**SPIRITUAL:** Questioning beliefs, lack of trust and purposelessness.

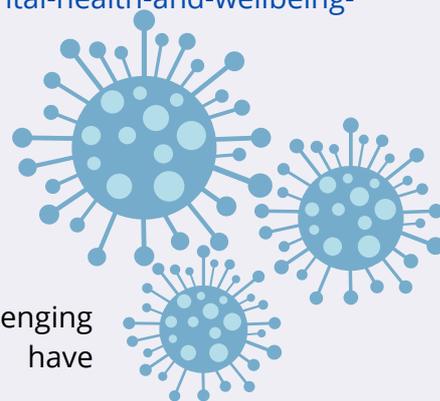
## How to deal with COVID fatigue

Seek support if your symptoms are affecting your daily functioning, ability to work and/or your relationships.

Build resiliency and focus on improving your wellbeing. Focus on establishing or enhancing very good foundation health habits and good self-care. These are the areas of your life you CAN control. Prioritise your health and self-care. Use your support networks, take breaks, including 'Mental Health Days', and long weekends, if you can. Seek professional help if you need to.

The Mental Health Foundation ([www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)) has good resources online for building resilience and enhancing self-care: Try some of the wellbeing and health apps and find one that works for you.

The Ministry of Health has provided information, resources and access to help people get support for their own mental wellbeing and help them to support others' wellbeing and know where to get help. Access these resources at the Ministry of Health website: <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-mental-health-and-wellbeing-resources>



### If you need help

Times are challenging and people who have never needed help

before may find that they need professional help now. Your GP is your referral hub and can connect you to counselling and other support. Many workplaces offer free support through Employment Assistance Programmes (EAPs). You can **call 1737** 24/7 for free support from trained counsellors, and this service has interpreters available in more than 40 languages.

BACK IN THE MACKENZIE BY  
POPULAR DEMAND

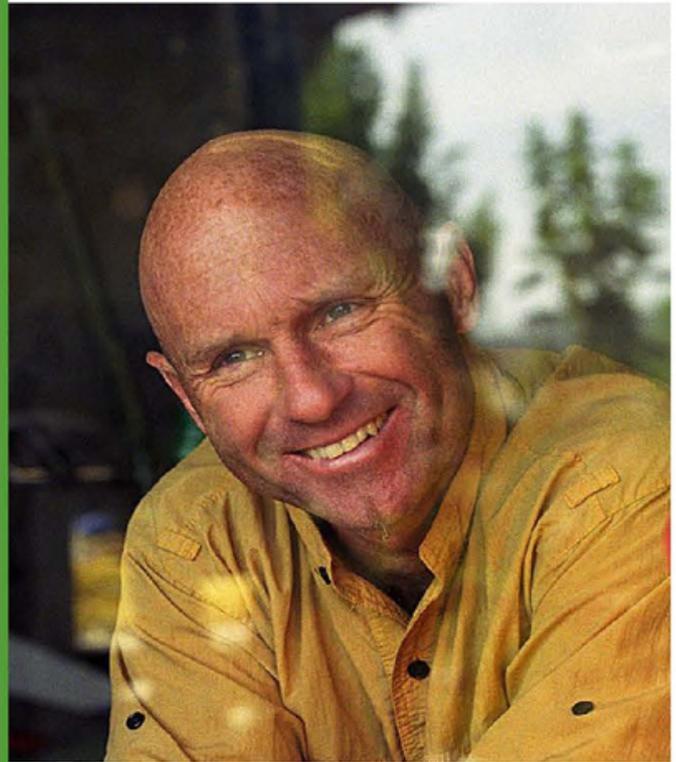
# STEVE GURNEY

MOTIVATIONAL  
SPEAKER

9 TIMES WINNER OF  
THE COAST TO COAST

THURSDAY AUGUST 25, 7PM

TOP HUT, 13 TASMAN RD



“TURNING  
MOUNTAINS INTO  
MOLEHILLS”



Steve will demonstrate how problems become solutions through his educational and entertaining account of emerging triumphant from adventures-gone-wrong, deadly animal encounters and hospital stays.

7pm start - come along from  
6pm onwards to chat

**COST** Free (includes light supper)

**REGISTER** for catering numbers

Phone 03 687 2192 or email  
[abeautrais@scdhb.health.nz](mailto:abeautrais@scdhb.health.nz)

**INQUIRIES** Annette Beautrais  
Ph. 021 777 590

GENEROUSLY SUPPORTED BY THE TOP  
HUT SPORTS BAR AND BISTRO, TWIZEL

**Te Whatu Ora**  
Health New Zealand

BACK IN THE MACKENZIE BY  
POPULAR DEMAND

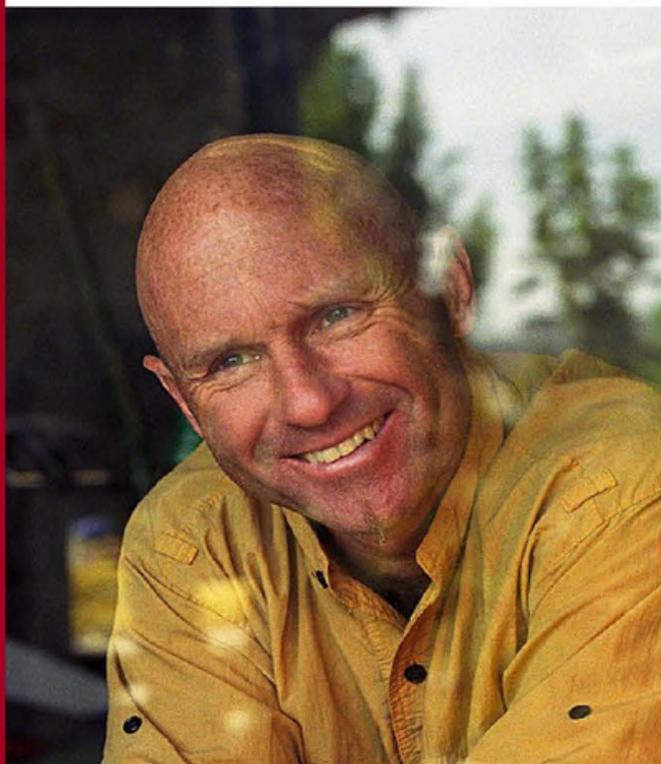
# STEVE GURNEY

MOTIVATIONAL  
SPEAKER

9 TIMES WINNER OF  
THE COAST TO COAST

FRIDAY AUGUST 26, 7PM

FAIRLIE GOLF CLUB



## “HOW TO TURN OBSTACLES INTO OPPORTUNITIES”

Steve will demonstrate how problems become solutions through his educational and entertaining account of emerging triumphant from adventures-gone-wrong, deadly animal encounters and hospital stays.

---

Steve challenges the audience to examine their limiting beliefs and ‘bucket lists’. As Steve says, “Life truly begins at the edge of your comfort zones”.

7pm start - come along from  
6pm onwards to chat

**COST** Free (includes light supper)

**REGISTER** for catering numbers

Phone 03 687 2192 or email  
[abeautrais@scdhb.health.nz](mailto:abeautrais@scdhb.health.nz)

**INQUIRIES** Annette Beautrais  
Ph. 021 777 590

**Te Whatu Ora**  
Health New Zealand