

# NURTURE-U

Issue 1

NURTURING  
MIND & BODY



Welcome to the first issue of Nurture-U. As you know we are passionate about supporting you to take care of YOU, so we created Nurture-U to boost your wellbeing journey. Nurture-U will provide ideas and information relating to the Five Ways of Wellbeing and the knowledge you gained at our Nurturing Mind and Body Wellbeing Seminar. Our hope is that Nurture-U will be a reminder to take notice and be mindful of your daily actions no matter how big or small they may be. With kindness and love, Janine and Kathie.

Whakatōkia ngā rautaki māmā nei ki tō ao kia rongō ai koe i ngā painga.  
*Make simple strategies in your life so you can enjoy the benefits.*

## Take notice

### Mental Health Awareness Week

This year Mental Health Awareness Week (MHAW) will be held on 8–14 October. The theme is: Let Nature In, strengthen your wellbeing – Mā te taiao kia whakapakari tōu ora!

The Mental Health Foundation has been promoting MHAW since 1993. These awareness weeks are endorsed by the World Federation for Mental Health and are marked in over 150 countries at different times of the year.

This year the Mental Health Foundation have combined the theme Let Nature In with the Five Ways to Wellbeing (Give, Connect, Keep Learning, Be Active, Take Notice) to promote positive mental health, help people find balance, build resilience and boost mental wellbeing.

We talked about the Five Ways to Wellbeing at our seminar and discussed how these five simple actions can be used

every day to boost your wellbeing. We shared stories on how connecting with nature can also uplift your wairua/spirit and promote mental health and wellbeing.

There is so much you can do to let nature in, from learning about native birds and picking herbs from the garden to seeing the sunset or watching the rain from the kitchen window. Click [here](#) to discover further ways that the Five Ways to Wellbeing can 'Let Nature In'.

You can find more ideas on how your workplace can celebrate MHAW on the Mental Health Awareness Week's [website](#).



### A thought from Sam

Relishing quiet morning moments and appreciating the vast abundance & beauty that surrounds us.  
I believe that what we notice around us lives inside us too.

If you can notice abundance you are abundant.  
If you can notice beauty you are beauty-FULL.  
If you can notice still moments you have stillness within.

Samantha Hannah, Wellbeing Academy  
[www.shwellbeingacademy.com](http://www.shwellbeingacademy.com)

*A step forward  
is a step forward,  
no matter the  
length of the stride.*

- Di Boon

## Nurturing Mind & Body Wellbeing Seminar

Our next Seminar is on Saturday 3 November! Please share this invitation with your colleagues.

<http://healthyec.org.nz/>

**NURTURING MIND & BODY**  
Wellbeing Seminar

*// When you take time to look after yourself, you are benefiting everyone around you!*

**PROFESSIONAL DEVELOPMENT OPPORTUNITY**

WHEN / Saturday 3 November 2018  
WHERE / Silverstream Retreat, Upper Hutt  
TIME / 9.30am – 4.30pm

Limited spaces. Cost \$50 per person.  
Lunch provided.

**Regional Public Health**  
HAUORA Ā IWI KI TE ŪPOKO O TE IKA A MĀUI  
Better health for the greater Wellington region

*Five Keys to Wellbeing / Connect, Be active, Give, Take notice, Keep learning*

Below are links to videos that our work colleagues have found inspiring and motivating. We hope you enjoy watching these, and would love to hear your feedback or suggestions for other videos to share.

### Choices that can Change your life | Caroline Myss | TEDxFindhornSalon

In Caroline's unique style, she talks about 3 key choices people can make to change their life.

<https://www.youtube.com/>

### The hidden source of success | Andrea Thompson | TEDxWanaka

Invisible forces shape us and our performance. Only by understanding these forces can we influence them. Take risks. Experiment. Be comfortable making mistakes. Transform mistakes into experiences by learning from them.

<https://www.youtube.com/>

## Connect



### Yoga Rhapsody

Remember the lovely Gem and Paul of Yoga Rhapsody? Follow them on facebook for their latest news and event updates.

Connect to Facebook

### Healthy ECC

Our Vision is that every early childhood centre has an environment that supports the Health and wellbeing of centre staff, children and whanau.

Visit our website [healthyec.org.nz](http://healthyec.org.nz) for information and guidelines to support health and wellbeing in your centre. Or email your queries to [healthyec@huttvalleydhd.org.nz](mailto:healthyec@huttvalleydhd.org.nz)

# STOP. BREATHE. CONNECT.

## Only you can make YOU happy

Happiness is probably one of the things most wanted in the world. Happiness can be a choice and a way of life and we can make a decision to be happy. Even if you try to be happy this can boost your emotional well-being. If you try to actively feel happier you may find your mood level improves. Wellbeing is a journey and wherever you are on that, here are some tips and tricks to help you take that next step.

Happy people are grateful and appreciate what they have, and they don't take anything for granted. Start by showing your appreciation and gratitude to the people around you and this goes beyond saying "thank you". Expressing gratitude towards others plays a big role in your own happiness also.

- Try to put a smile on someone's face and just watch what happens. It will empower you both!

- You don't require anyone else's approval to feel good about yourself and to be happy.
- Happy people know that they have imperfections but they also recognise their own strengths, weakness and beauty. Weakness is an opportunity to improve.
- You never know what battles people are fighting. Do unto others as you would like them to do to you.
- Start to believe in yourself and you will be unstoppable.

*Genuinely happy people treat others with kindness, sincerity and respect. Kindness is not only contagious it's also proven to help you be happier.*

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