

NURTURE-U

Issue 3

NURTURING
MIND & BODY

Tēnā Koutou,

We hope that you had the opportunity to connect with friends and whānau over the Easter and school holiday break, even more importantly to have some “you” time to look after your wellbeing.

It has been a challenging start to the year for Aotearoa with the events in Christchurch and it has been heart-warming to see the outpour of kindness and support from across the country. We have had to take some time, in our office to take some deep breaths, ground ourselves and take walks through the rose gardens to take notice and let nature in.

With love and peace *Janine, Kathie and Natasha*

“Peace begins with a smile.”

Mother Teresa



Be Active, Me kori tonu

Do what you can – whāia te mea ka taea e koe, enjoy what you do – kia pārekareka tāu i whai ai, move your mood – kia pai ake ō piropiro.

Yoga Rhapsody

Yoga Rhapsody holds a regular public class at 6pm on Monday nights, Thistle Hall, Upper Cuba Street, \$15 entry.

For more information about the other classes in the Wellington region check them out at www.yogarhapsody.com



Connect to Facebook

Paul also sings at several venues around the Wellington region. Keep an eye on the Yoga Rhapsody Facebook page for dates and locations, and take some time to take notice and connect while enjoying Paul’s beautiful voice.

Park runs

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. They run events in the Kapiti Coast, Lower Hutt and Porirua and are for people of every ability; from those taking their first steps in running to Olympians. Check them out! <https://www.parkrun.co.nz/>

Don't wait until you reach your goal to be proud of yourself

Be proud of each step you take toward reaching that goal

We would like to thank Lisa Ducat, Community Engagement, Mental Health Foundation of New Zealand for the below article. The article reinforces the information Liz shared at our seminars. It is a great reminder of taking notice and recognising stress.

Taking Notice – getting to know your own wellbeing levels

The Mental Health Foundation promotes five ways to take action to support positive mental health and wellbeing: Be Active, Give, Connect, Keep Learning and Take Notice. All are important and evidenced based ways we can all use every day to boost our wellbeing. Take Notice has a particular role in supporting you to make change and maintain activities that work for you.

Take Notice asks you to remember the simple things that give you joy – me aro tonu ki ngā mea māmā noa i ngākau harikoa ai koe.

By being present in the moment and to be aware of the world around you and what you are feeling you can notice what impacts on you and others. Reflecting on your experiences will help you appreciate what matters to you.

Often the first thing we stop doing when life is getting on top of us, is taking notice of our own wellbeing. We just don't notice the signs our body and mind send us warning that we are under stress. When we ignore these signs too long, that stress will end up affecting our physical and mental health.

Stress is the response our body has to help us prepare for challenges. It is a helpful automatic physical response that can sharpen our senses and physical abilities to deal with immediate challenges.

Too much stress can be harmful. When our stress response is turned on repeatedly for either real or perceived threats, it puts unnecessary strain on our bodies. If we don't have the opportunity to recover and calm our body down or turn off the stress response, stress can stay for an extended period of time and may build, so your body never completely unwinds.

Taking notice of our thoughts, feelings (physical and emotional) and behaviours helps us take advantage of the positive things that stress brings and minimises the negative. Being able to recognise your stress response early, means you can make choices about your reactions. Your stress response is a message. Your body is saying "you are facing a challenge" and is trying to help you cope. The more we take notice of the message, the more we can minimise negative health impacts and recover faster from stress.

There are three things you can do to help you manage stress:

- Refuel Whakatipu**
Looking after wellbeing and cultivating energy to refuel.
- Resolve Whakatika**
Identifying stressors and finding solutions that help resolve the causes of stress.
- Relax Whakatā**
Switching on the relaxation response to restore and rest.

At its simplest, Taking Notice can help by allowing you to take time out. Take a moment to get perspective, clear your head or just take a breath and relax.

Longer term, start taking notice of:

- How you react to stress - get to know how you think feel and act.
- Your wellbeing levels - notice how full your tank is and if you need to refuel.
- What makes you happy, brings you joy, supports you and builds you up - do these things to refuel you.
- What works for you to manage stress.
- Your breath - simply stopping and mindfully paying attention to your breath can turn on your relaxation response.

You can find resources to help you here:

Minimising and managing workplace stress is a resource that guides you through recognising and managing stress.

An introduction to Mindfulness

Hikitia te hā Hikitia te hā is a simple breathing exercise with simple actions to support becoming more mindful.

Note: The information is not designed for individuals who may be experiencing the extreme outcomes of chronic or traumatic stress (such as high anxiety, depression, Post Traumatic Stress Disorder or burnout). Nor is it for stress caused by situations that are out of our control and dangerous. When this is happening, get support and help from others, find someone you feel safe to talk to or look at some of the supports available on the **Getting help and advice** fact sheet to keep yourself safe.



Embrace new experiences – awhitia te wheako hou, see opportunities – kimihia ngā ara hou, surprise yourself – me ohore koe i a koe anō.

Below are links that we know you will find inspiring and motivating. We would love to hear your thoughts or suggestion for other videos or resources we could share.

Never take a bad work day home again, using these 3 steps

It's about creating a space to transition from your work self to your home self, according to peak performance researcher and consultant Adam Fraser.

The secret to giving a compliment that makes people glow | Mary Halton

Want an easy way to brighten another person's day? Offer them specific, heartfelt praise, says educator Cheryl Ferguson.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - From Maya Angelou

Gratitude | Louie Schwartzberg | TEDxSF

Nature's beauty can be easily missed — but not through Louie Schwartzberg's lens. His stunning time-lapse photography, accompanied by powerful words from Benedictine monk Brother David Steindl-Rast, serves as a meditation on being grateful for every day. (Filmed at TEDxSF.)

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