

NURTURE-U

Issue 5

NURTURING
MIND & BODY



Tēnā Koutou,

The end of the year can be a hectic time, and if you're feeling as rushed and busy as we are it can all become a little overwhelming. We are being very mindful of looking out for each other, reminding our colleagues and friends to stop for a moment and breathe, providing hugs when needed, even making them a cup of tea or filling their water glass. So remember to take a moment for yourself and check in on those around you. Have a relaxing, mindful holiday.

Meri Kirihimete, *Janine, Kathie and Natasha*

Connect, Me Whakawhanaunga

Talk and listen – me kōrero, me whakarongo, be there – me whakawātea i a koe, feel connected – me rongō i te whanaungatanga.

The Mental Health Foundation has a great article with simple ways to incorporate their Five Ways to Wellbeing into your Christmas season, to help reduce the pressure and stress some people feel. We have highlighted some of their ideas below:

- The true gift of the season is our presence, not our presents. Giving our time, our words and our presence makes others feel great, but it also lifts our own mood and makes us feel our lives have more meaning.
- Spending time in nature, appreciating the sunshine and pōhutukawa blossom, taking a walk through the ngahere (bush), throwing the ball around with your tamariki, and going to the beach are some great ways to connect with taiao (the environment).

- Finding time to recharge. The Mental Health Foundation's Facebook, Twitter and Instagram pages are full of tips for recharging and finding calm!

Visit the Mental Health Foundation [website](#) to read the full article on 'Tips for reducing stress this Christmas'.

If you ever feel Christmas pressure is affecting your own or someone else's mental health, you don't need to keep it to yourself – call or text 1737. Their trained counsellors are always on hand to help.

IT'S NOT
WHAT'S UNDER THE
TREE
THAT
MATTERS
IT'S WHO'S
gathered
AROUND IT

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.

Summer is a great time to get active outdoors and did you know that the Greater Wellington Region have got more than 50,000 hectares of backyard just waiting for you to explore. Each park offers something a little bit special; with different activities and landscapes, no two parks are the same.

The Greater Wellington Regional Council [website](#) links you to all the park information and activities available across Wellington, Porirua, and the Hutt Valley.



Hiking the Ridge Track, Kaitoke Regional Park
Photo from: <http://www.gw.govt.nz/Walking-running-and-hiking/>

Take Notice, Me aro tonu

Remember the simple things that give you joy – me aro tonu ki ngā mea māmā noa i ngākau harikoa ai koe.

The countdown to the holiday season is on. This time of year can be pretty overwhelming especially when it comes to food.

Enjoy the festive season, be thoughtful in your food choices, making conscious choices about what you choose to eat. Take notice and keep a balance, remembering to nourish your body, while enjoying the food and the company around you.



Here is a fun and simple salad recipe which looks great on the table on Christmas day.

1. Spinach/lettuce/salad mix
2. Cheese, feta works well as it crumbles nicely
3. Red fruit, diced strawberries, grapes, raspberries or pomegranate
4. Nuts or seeds - pecans, walnuts, sunflower or pumpkin seeds
5. Salad dressing

To make the dressing add ½ cup olive oil, ¼ cup balsamic vinegar, 1 teaspoon honey, 1 teaspoon mustard, 1 clove garlic, salt and ground black pepper (to taste) into a jar and shake until well combined. Drizzle over the salad. Leftover dressing can be stored in the fridge for up to a week.

Keep Learning, Me ako tonu

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

Below are links (click on titles) that we hope you will find inspiring and motivating. We would love to hear your thoughts or suggestion for other videos or resources we could share.

Shine on with Reese

Netflix season – In a talk show straight from the heart, actor and producer Reese Witherspoon visits ground breaking women to discuss their inspiring journeys.

One woman that really stood out to Kathie was [Cleo Wade](#) who writes beautiful quotes and poetic books.

Heart Talk – Poetic wisdom for a better life

With Heart Talk, Cleo Wade poured her spiritually and poetically infused wisdom into an accessible book you won't want to be without. You'll find a daily pep talk, providing a replenishing pause or a motivational spark to start your day. With Cleo's practical and relatable advice for everyday life, each page will leave you feeling empowered, inspired and at peace.

Cleo talks about her second book "Where to Begin: A small book about your power to create big change in our crazy world".

Where to Begin is a collection of the ideas, mantras, and poems I turn to when I feel like I am losing it. I wrote this so that I could put them all in one place when I felt overwhelmed by worry, fear, anxiety, or helplessness.

The words in this book are what stop me from walking away from the problems of the world during tough times. They also help me stay connected to hope during difficult moments and remind me that even on the days that feel the most daunting, I still have the power to show up and do something, somewhere, in some way.

SURROUND YOURSELF
WITH PEOPLE WHO
DESERVE YOUR MAGIC.

SHARE YOUR SHINE.
OUR WORLD NEEDS
MORE OF THAT.

Jane Cleo



Early Childhood Centres | Healthy ECC
P 027 807 8544 | E healthyecc@huttvalleydhb.org.nz