

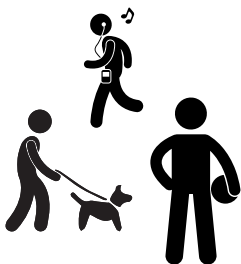


# SELF-CARE GUIDE



## BE KIND TO YOURSELF

Have reasonable expectations of yourself. If you feel like you are struggling remember that we have been dealing with unusual and unique times. This has caused stress and anxiety in the community which can affect your mental health and wellbeing. Be aware of the strain you may have been under and don't beat yourself up if you are not firing on all cylinders.



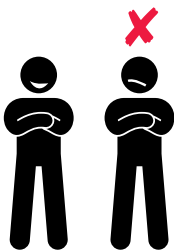
## TAKE TIME FOR SELF-CARE

In times of increased stress self-care must increase to counter the negative effects on your mental wellbeing. Ensure that you make time and create opportunities to do healthy things that make you feel good. This may be outdoor activities, hobbies, sports or spending quality time with friends or family.



## DEVELOP YOUR KEY RELATIONSHIPS

Take time to develop the most important connections you have with people. Create time for your relationships. Be kind and share how much you appreciate those valued relationships. These special human connections will then thrive, bringing you joy.



## REMOVE NEGATIVE INFLUENCES IN YOUR LIFE

Negative people and harmful activities can bring us down and affect our mental wellbeing. Surround yourself with happy and positive people who are positive and supportive. Avoid doing activities which you know to be harmful to your wellbeing.



## EAT, DRINK AND SLEEP HEALTHILY

A healthy diet, good hydration and sleep are fundamental for positive mental health and wellbeing. Look after your physical health and good mental health will follow.

## Need to talk now?

0800 111 315  
or free text 5353

[www.mates.net.nz](http://www.mates.net.nz)

### National helplines open 24/7:

Mates in Construction 24/7 Helpline:  
0800 111 315 (text 5353)

Tautoko Suicide Helpline 0508 828 865

Lifeline 0800 543 354 (text 4357)

Youthline 0800 376 633

### In an emergency dial 111 if you or someone you know is at risk of harm.

- Go with the person to the nearest hospital emergency department
- Phone your local DHB Mental Health Crisis team
- Free phone or text 1737 to communicate with a counsellor