

## Investing in family/whānau wellbeing

Looking after your own wellbeing is critical to ensuring that you can support your own family/whānau as well as others. As shorter days and colder weather approach it is important to think about how we can maintain physical activity and healthy routines.

Wellbeing is an investment. When we are tired and stressed it is harder to invest time and energy in promoting wellbeing.

**The good news is that making small changes help:**



The 5 Ways to Wellbeing (The Mental Health Foundation of New Zealand) provide a simple frame to help think about wellbeing.

Having predictable routines are helpful for you and for your tamariki.

Time to listen, play and connect are all important to help children feel safe and secure.



For ideas of **fun and free activities** you can download the Tiny Adventures App.

Your local library is a great resource for kids' activities:

<https://my.christchurchcitylibraries.com/>

<https://libraries.waimakariri.govt.nz/home>

<http://www.hurunui.govt.nz/library-home>

<https://www.selwynlibraries.co.nz/home>

Check out the following websites:

<https://www.healthyfamilies.govt.nz/in--my-family>

<https://www.sportcanterbury.org.nz/>

For apps that help children and young people to **learn about and manage their emotions**, try:

Stop, breathe and think KIDS (4-10 year olds)

Smiling Mind (7+)

Sparklers.org.nz

**If your child is in years 1-8 at school and you have ongoing concerns about their mental health or wellbeing, you can talk to their teacher about whether Mana Ake would be appropriate to provide support.**

**If your child or young person is worried about what they may have seen or heard about online these links can provide some information about how to respond.**

<https://www.netsafe.org.nz/upsetting-content/>

<https://www.netsafe.org.nz/race-based-online-abus>

