

# MENTAL HEALTH AWARENESS WEEK

## 23 - 27 SEPTEMBER 2019

### Daily

Let others know they are appreciated. Take the time to give a special thank you to a colleague. Add your message to the wall of appreciation.  
**Staff room (STAFF ONLY)**

The smallest connection can make a difference. Share in the pleasure (or competition) of playing card and board games.  
**Staff room (STAFF ONLY)**

Boost your nutrient intake and quench your thirst with a smoothie. A different smoothie will be available each day.  
**OTT**  
**12.00-1.00pm**

Lose yourself in a book/pukapuka. Take the time to browse a selection of books to improve your knowledge of mental health and wellbeing.  
**EIT Libraries**

Get informed. Take away fact sheets and other information about mental health, wellbeing and where you can find support.  
**Twist Library**

### Monday

Grab a friend and head outside. Find Tui in the Kowhai trees as you stroll around the campus.

Suicide Prevention Workshop-Community/ Students (Tairāwhiti)  
**PS112**  
**4.00-6.00pm**

### Tuesday

Explore the Ōtātara Pā site and reconnect to the whenua, a source of life, nourishment and wellbeing.  
**Meet at pā carpark**  
**12.10-12.55pm**

Suicide Prevention Workshop-Professionals (Tairāwhiti)  
**PS112**  
**4.00-6.00pm**

Take time out. Have a 15min massage/ mirimiri to soothe and relax your body.  
**Refresh Clinic**  
**11am-3pm**

Discover our campus while learning what you can do to reduce, reuse and recycle at EIT.  
**Meet Outside Student Cafe**  
**12.05-12.55**

Extend relationships, connect with kai and korero.  
**Hastings Learning Centre**  
**9am-1pm**  
**Student Lounge Auckland**  
**12.00-1.00pm (Wednesday)**

### Wednesday

Nourish your body with free kai. Meet Younited 2020 board members and community employers at a mini employment day.  
**Outside student café**  
**12-1.00pm**

Challenge yourself to produce less waste. Swap or take away clothing, shoes and toys at our 2nd hand stall.  
**Outside student café**  
**12-1.00pm**

Paint a rock with your favourite inspirational saying/ kiwaha. Give to a friend, colleague, whanau or keep it yourself.  
**Outside student café**  
**12-1.00pm**

Meditate. Take some mindful breaths, calm your body and mind and reconnect with yourself.  
**On the green**  
**12.30-12.55pm**

Bounce your way to improved health. Strengthen your physical wellbeing. Play basketball and one other sport.  
**PGA**  
**12.00-12.50pm**

### Thursday

Learn uplifting Waiata for your spiritual wellbeing. Share it with whanau and friends/ ngā hoa.  
**A113**  
**12.05-12.55pm**

### Friday

Participate in your wider community, meet like-minded people and be part of global change. Join the school Strike 4 Climate change rally.  
**Napier Sound Shell**  
**10.00am**

Koha in support of the Mental Health Foundation is appreciated. There will be collection boxes spread around the campus.

