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 playing card and board games. Staff room (STAFF ONLY)

Boost your nutrient intake and quench your thirst with a pleasure (or competition) of 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**

Monday

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

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

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

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

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

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

Wednesday

Tuesday

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

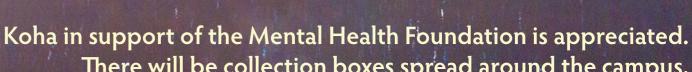
Challenge yourself to produce less waste. Swap or take away clothing, shoes and toys at our 2nd hand stall. Outside student café 12-1.00pm

Learh uplifting Waiata for your Thursday 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





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

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

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

There will be collection boxes spread around the campus.

Mental Health Foundation OF NEW ZEALAND 主 mauri tū, mauri ora