

ISSUE

21

Momentum

SPRING

together on the road to well-being...

2019



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MHAPS OPEN DAY

REGULAR FEATURES

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Momentum is published by

THE LEARNING EXCHANGE

Editor: Ian Johnson



Recovery is moving towards a better life

A simple minded look at recovery by hopeworkscommunity

There are a million definitions of recovery. Some of them I even understand. Here is my attempt at a simple minded definition:-

It is *not* a destination. It is *not* a thing you have. It is not something you achieve. *It is a journey, 'a moving towards.'*

It does not mean that everything must be good. It means that overall things are part of the process of moving forward. From some of the hardest things, the worst things, the 'biggest failures' come the lessons, the skills, the experiences that propel you forward.

Pain does not preclude gain. Recovery is not a statement about the content of any experience or group of experiences. It is a statement about *the process of experiencing*. It is about profiting from experience and that profit making a difference in future experiences.

There is not a prescribed amount of steps, size of steps, or speed of steps. It is a moving forward..... however slow, however small, however uncertain. Success makes success more likely. Much of life is momentum.

Without a first step there is not a second, without a second never a third. My steps need not be yours. *It is all about moving towards better life.*

My recovery may be 'like' yours but it is not yours. The only judgement that really matters is yours.

continued on page 3 >>>>



Wisdom: Each Time We Fall Down We Learn So Much Getting Back Up

It isn't unheard of in a week that someone will come and ask me what I think they should do about something. A difficult conversation they need to have or what did we used to do about something in the past. This doesn't surprise me because I have been doing this stuff for about 15 years. But I always figure they will get other opinions and choose the best thing for them. When people tell me I am wise, I don't give it much credit. I am old. I have already fallen over this stuff before and am likely to know what not to do.

Then a weird thing happened. I visited a person I went to high school with. This person brought out a shoe box of letters I had written. FORTY YEARS AGO! It was dizzy making to see my hand writing, dates from the 70s, names of people I hadn't thought of in decades. And there I was dolling out advice. Here is what I found:

- I have 3 tasks: 1/ To listen effectively to others
2/ To search my heart for my truth
3/ And to tell my answers with honesty and self-respect*

Why do we not credit ourselves with our own wisdom? At the age of 25 I saw this picture so clearly. That I forgot it repeatedly and let others influence or manipulate me is very frustrating.

I talk to our peers all the time about what would work for them. I listen to them state their needs and wishes. Each time we fall down we learn so much getting back up. My peers have depths of wisdom that they don't value for themselves. Are you doing the same? Expecting that you have to live in a common pattern of society when you can set your own rules? Still allowing some people to negatively impact your joy of life because "you should" or "you owe them" or "they are family".

Search for your truth. Then model respecting yourself so others have to.

Beth Nobes

to spring...or not to spring.....that is the question

Spring is my is my favourite season. I get a lot of good vibes from the growth of flowers and leaves and how they are represented by words like **Reconnecting.... Rejuvenation..... Recovery.... Restoring..... and Hope**

However, year on year I grow my appreciation of the opportunities that Winter offers even through I'm not a winter sports person. Winter's qualities for me include my understanding of how important the cold season is for the production of all the flourishing I experience in Spring. But it doesn't end there. Winter gives me permission to just be, to go to bed earlier, get up later, stay warm and regroup. The trick for me is to not attach that level of 'not doing stuff' to any suggestions that come the Spring I will leap into action. Right now for example, if you accept that September marks its beginning, then it is Spring. But now and for a number of days ahead it's as cold as Winter, lending credibility to those who believe the season starts with the equinox on September 22nd. If so, then more time then to just 'be.'

All the 'R' words above invite us to grasp the Spring and get on with all of the changes that we have been tempting ourselves with over the Winter. The front page '**Recovery is.....**' article feeds into that as does '**Rejuvenation**' on page 7. But we might not be ready to do this so pushing back at these assumptions of energy and drive is Therese Borchard's page 4 article '**Why People Get Depressed and Anxious in the Spring**' plus on page 5 '**Befriending Ourselves— an Invitation to Love .**'

On page 3 you will find '**Why People don't ask you for help**' - nothing personal but something to be thought about perhaps? I can personally vouch for the '**Benefits of Gardening,**' page 6 and then there's two further articles on page 8—but you need to use the links there to get them in full online.

We're having a MHAPS OPEN DAY on November 14th and your invitation together with details is on page 13.

I hope you enjoy our journey with the Spring.

Ian Johnson, Editor

>>>> continued from page 1

A 'Better life' means a lot of things. One thing is not necessarily more 'recovery' than another. It depends on how much they have to do with you moving towards a better life. 'Better life' means having something to eat, a place to live, adequate clothing, a job or source of adequate income, caring about other people, being cared for, feeling like what you do matters, feeling like you can learn what matters, a sense of purpose, a sense of belonging, a sense of being safe, having fun, being challenged, finding interesting things to occupy yourself with, and being part of something larger than yourself that makes it all matter.

Recovery is not forbidden to anyone. Life can and does get better. And you have the ability to develop the tools, acquire the knowledge, develop the faith, find the support and make the commitment to make it better.

Psychiatrists, psychologists, counsellors, programmes, medication, literature all may be part of recovery....But only if they matter. It is all about *moving towards* a better life. **Your life.**

<https://hopeworkscommunity.wordpress.com/2013/10/30/a-simple-minded-look-at-recovery/>



Why people don't ask YOU for help

We have an innate desire to help others in need. We quite often tell people 'If you need to talk, you can come to me. I will always be here for you, at any time, please call me.'

We recently were part of a community meeting in Wellington. We had young people and their whanau / families there in support of their event. The event was raising awareness about suicide prevention. The families that were there were very supportive of their young people and expressed the same line: 'If you need to talk, you can come to me. I will always be here for you, at any time, please call me.'

One brave young person stood up and responded to that: 'Thank you for always being there for me but to be honest, I can't just come to you, I find it very difficult to come to you because I wouldn't know what to say. I can't even find words to express what I am feeling. I feel overwhelmed when I can't understand what is happening in my own head. I probably won't come to you for help but could you come to me?'

When you see I am not coming out of my room or am a bit moody than normal, **can you check in on me?"**

People don't come to you, a part of them is hoping you will check in on them.

Here are 10 reasons that stop people from asking YOU for help?

1. Too much shame
2. What do I say?
3. What if they tell me to harden up?
4. I have no energy, I am emotionally, mentally and physically exhausted.
5. They won't listen
6. I will be judged
7. I don't want to hurt my family by letting them down
8. It's a sign of weakness if I ask for help
9. Will they fix me - I don't want to be fixed.
10. Will I get in trouble?

Notice how none of these reasons have anything to do with YOU personally. Can you honestly say these are valid reasons? NO they are not!

We need to be more alert and look for their non-verbal cries for help and check in on them.

From OKNZ July 31 2019: -

<https://www.a-oknz.com/post/why-people-won-t-ask-you-for-help>

Why People Get Depressed and Anxious in the Spring



By **Therese Borchard**

Although American poet T. S. Eliot didn't have an advanced psychology degree, I think he nailed the reasons why so many people get [depressed](#) and anxious in the spring in his classic poem, "[The Waste Land](#)." He writes, "April (October in NZ) is the cruellest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain."

I just spent the afternoon on discussion boards of several health websites reading about **all the different reasons people are suddenly, surprisingly, knocked to their knees with [anxiety](#) and depression come the first weeks of spring.** As one guy said, he made it through one of the most brutal Chicago winters he had ever endured with no symptoms of depression, only to find himself an anxious mess once the snow melted.

Why can good weather bring on bad moods?

For starters, it's change. While some human beings thrive on unsteady ground, most of us fear movement of any kind. **All change — even the good and healthy change we need and pursue — brings with it an element of anxiety.** That's especially the case for highly sensitive folks among us who are easily prone to anxiety and depression. 'Breeding lilacs out of the dead land,' requires an element of adjustment, and adjustment isn't always easy.

Hormones

Just as the lack of sunlight may alter brain levels of certain mood-controlling chemicals — such as the hormone [melatonin](#) — in November (May in NZ), the same moody chemicals and their messengers get confused when the light comes out in the spring. In fact, ten percent of people with [seasonal affective disorder \(SAD\)](#) experience symptoms in reverse: Once the weather turns warm, they grow melancholy. Any shift in our circadian rhythm — a 24-hour cycle that tells our bodies when to sleep, eat, work, and take a phone call from our parents — can produce feelings of anxiety.

Memories

"Mixing memory and desire," as Eliot writes, can be a hazardous activity. I

think we do that in April (October) because the spring months hold so many milestones, like graduations and weddings. We look back with nostalgia or regret or

'This season of rebirth prods us to keep moving ... maybe too quickly. Perhaps we're not ready yet.'

with unfulfilled dreams and desires. This season of rebirth prods us to keep moving, maybe too quickly. Perhaps we're not ready yet.

Allergies and toxins.

Thank God that Eliot lived a century before us, because his April (October) would have been even crueller if he were to confront all the environmental toxins and allergies we have going on today. I used to think that I didn't suffer from [spring allergies](#) because my symptoms don't involve sniffles and purple eyes. However, one trip to a functional doctor educated me on what different kinds of allergies can do to your mood. If you are sensitive to environmental toxins — and the majority of us are — *you may very well have a harder time in the spring because the blowing winds and warmer temperatures can kick up a ton of irritants that, in turn, cause inflammation in your brain and bad moods.*

<https://www.everydayhealth.com/columns/therese-borchard-sanity-break/april-cruellest-month-depressed-anxious-spring/>

Befriending Ourselves: An Invitation to Love

KRISTI NELSON, EXECUTIVE DIRECTOR
A Network for Grateful Living

You are the one you have been waiting for. ~ Byron Katie



Everything flourishes in the nourishment of our appreciation. If we are interested in greater flourishing in our lives, **it will surely serve us to surrender the burden of incessant goals, shoulds,**

aspirations, and the need for accomplishments. We can release the litany of ideas about what we must have and need to fix, who we should be, and whose permission we might require before we can be grateful for who we are. We can even set down many of the confines of how we have learned to identify ourselves in the world. **We do not need to do, have, or be anything to be worthy of receiving our own acceptance and kindness.** Instead, we can turn towards ourselves, extending the gifts of more merciful appreciation for every aspect of who we are, exactly as we are. All of it. Here. Now. Perfectly imperfect. Imperfectly perfect.

But before any efforts toward self-improvement...there is great wisdom in first learning to compassionately accept and attentively appreciate ourselves for the great fullness and truth of who we are and how we got here.

It is hugely human – and culturally encouraged – to want to work on, change, refine, and try to “better” ourselves. But before any efforts toward self-improvement, personal transformation, or transcendence, there is great wisdom in first **learning to compassionately accept and attentively appreciate ourselves** for the great fullness and truth of who we are and how we got here. We are well-served by relating to ourselves with wide-open eyes and hearts, and with a sweeping and inclusive embrace of the many aspects of ourselves we may have been inclined to disavow or that others have predisposed us to disown. The exiled parts. The pathologised ways of being. The marginalized feelings. The hidden hurts. The judged sensitivities. We discover a gracious capacity for empathy when we **learn to lean into our hurt places with the tender curiosity and care of a close friend.**

The recognition that the shared human condition is one of vulnerability can offer great relief and peace: the ways in which we experience ourselves as “other,” broken, and/or deficient are sadly more “normal” than not and are often a source of our deepest shared experience and connections with others. Many of us long suffer feeling “other” and then feeling more “other” for feeling other, or feeling bad about ourselves for feeling bad. **Fear of not doing enough translates into not being enough.** Doing something wrong can make us feel there is something wrong with us or that we are wholly

wrong. Judging, compartmentalizing, and begrudging ourselves can lead to more of the same. The practice of intervening in these self-judgments – and in the judgment of our judgments – with unconditional acceptance, appreciation, and compassion is the path of self-befriending.

We can practice beholding rather than belittling, befriending rather than begrudging.

When we think about befriending ourselves, we can approach the practice as an unfurling experience, a slow and steady unfolding toward unconditional love. We can lean in, listen deeply, attend to ourselves patiently, and hold what is revealed with interest and curiosity. We can delight in discovering and naming our unique quirks, idiosyncrasies, anomalies, eccentricities. We can offer compassion and tenderness toward that which is challenging. We can practice beholding rather than belittling, befriending rather than begrudging. We can hold ourselves as we want to be held, as we were once held, and as we can sometimes feel ourselves held in the largest embrace of felt-belonging and Oneness.

‘.....If we hold our vulnerabilities and sensitivities as sources of rich information about how we deserve and need to be treated...’

One way to initiate ourselves into the practice of befriending is to explore and come to know ourselves as if beholding an exquisite new-born. Our essential nature is so much more available to us in the state of infancy. If we can come to treat ourselves with the unconditional tenderness and cherishing that we bring to a new life, we can know ourselves anew. **To become – and remain – incarnate is nothing short of miraculous on so many levels.** It could take our breath away on a regular basis to revel in our magnificence – yes, even in the midst of our messiness. If we hold our vulnerabilities and sensitivities as sources of rich information about how we deserve and need to be treated, and if we honour ourselves with compassionate care, we can forge an abiding friendship that will deliver blessings into every aspect of our life, and into the lives of others.

It is commonly said that you cannot love others until you love yourself. The experience of love being unavailable to those who do not first love themselves – giving, receiving, embodying – is in truth more likely a matter of degree. But in the big picture of life, why not be available to share love to the greatest degree possible? Hence, learning and leaning into the opportunity to offer love’s key ingredients – compassion, kindness, and appreciation – to ourselves is a highly worthwhile focus for learning how to be with others. The committed practice of unconditional self-befriending is the formative ground for the qualities and capacities we will bring to all our circles of relationships, to living out our life in all its manifestations and moments, and to our ability to offer ourselves fully to truly loving the world.

https://gratefulness.org/blog/befriending-ourselves-an-invitation-to-love/?fbclid=IwAR3LfZ7NwERme7JFPOJYJChejsizGCH1tAwwWHhj7Hj-v_CMJ3WgXe0EWHM

10 Mental Health Benefits of Gardening



Research has shown that spending time outside is good for our bodies and our minds. I'm sure you've experienced these benefits: After feeling [stressed](#) out or bored indoors, you step outside and your spirits lift. One great way to spend time outdoors is to garden. My dad always had a garden when I was a kid, and now I understand more about what drew him to it. I've always enjoyed being outside and gardening, but it took on special significance for me when I was recovering from an extended illness. As I began to recover, I felt compelled to greatly expand my garden beds and the things I planted, even though I was still struggling physically and mentally.

The experience seemed to accelerate my own healing. It felt like even as I was building the garden, it was helping me come back to life. One day as I stood in the afternoon sunlight and looked with amazement at all that had grown, I felt my own strength that had returned over the same stretch of time. This personal experience, along with numerous studies about the positive effects of time outside, made me curious to explore the many benefits of gardening. Recently I discussed this topic [on the Think Act Be podcast](#) with professional gardener Joe Lamp'I, creator of [joe gardener®](#). Here are 10 benefits of gardening that emerged from our conversation:

1. Practicing Acceptance:- Most of our suffering comes from trying to control things that we can't. The more we can accept the limits of our control and the unpredictability of life, the more peace of mind we can find—and gardening is a great way to practice. **"Every day is one more reminder from Mother Nature that I'm not in control,"** Lamp'I said, which he finds helpful as a self-described "control freak."

2. Moving Beyond Perfectionism: - If you're prone to perfectionism, you're probably well aware of the costs. Trying to make things perfect can lead to frustration, missed deadlines and opportunities, and strained relationships. It can also lead to not even trying to do something, with a mentality of "why bother if it can't be perfect?"

3. Developing a Growth Mindset: - The inability to garden perfectly is actually cause for celebration. Psychologist Carol Dweck

developed the distinction between ["fixed" and "growth" mind-sets](#), and gardening is a great opportunity to develop the latter. With a growth mindset, we assume that we're constantly learning. When something doesn't work out the way we had hoped, we view it as a learning opportunity rather than as a "failure."

4. Connecting with Others: - Few things boost our well-being like good relationships, and gardening offers ample opportunities to connect with others. Lamp'I noted that "gardening is one of the best ways to connect strangers" and quickly become friends "because we have that gardening thing in common."

5. Connecting to Your World: - Gardening provides a connection not just to other people but to our world. Many people feel that connection in a visceral way when they eat food they've just harvested. "We all have an innate connection to the earth," said Lamp'I, "and that connection manifests itself when we consume what came from the ground—which is where we came from and where we all end up."

6. Bathing in Green: - The Japanese expression "shinrin-yoku" can be translated as "forest bathing," which nicely captures the experience of being immersed in green. A growing body of research has found all kinds of benefits from being in natural landscapes.....

7. Being Present: - Mindful presence is tied to [a long list of positive outcomes](#), like relationship satisfaction and less emotional reactivity. The garden can be a protected place where we practice being where we are and actually doing what we're doing.

8. Physical Exercise: - Moving your body regularly is an effective way to boost mood and lower anxiety, and gardening offers "no shortage of opportunities for physical activity," said Lamp'I. Even when he's not able to get to the gym consistently, he maintains muscle tone and feels good through daily work in his garden.....

9. Reducing Stress: - Not surprisingly, time in your garden can be a great way to release stress. There's something about feeling the life all around you, the warmth of the sun, the soil in your hands. As I sit in my own garden these days I see rainbow Swiss chard and lettuces shaking in the wind, blueberries, blackberries, and strawberries ripening, and feel the breeze as clouds move across the blue sky.....

10. Eating Healthfully:- Last but not least, a garden can yield the freshest and healthiest foods available—the types of food that [can have a significant impact on our mental health](#). For example, two studies showed that dietary changes can be an effective treatment for depression.....

Read more: - [How to Renew Your Mind, Body, and Spirit in the Garden.](#)

Editor: - *Growing (some of) my own food feels great!! But you may not have the space to do it. If so, consider gardening into pots that you can arrange anywhere inside or out, progressively fitting them into under-used spaces. You could also join a local community garden where, in exchange for some of your time you get to share the crop. Follow this link to see what's available in Canterbury: - <http://www.ccca.org.nz/>*

Rejuvenation

whakaoranga

“Rejuvenation” is multifaceted and differs from person to person. Put simply, rejuvenation is **an action or process towards a sense of renewal and vitality** to one’s body, mind and soul. Research shows that people often feel guilty when taking time out for themselves thus, we tend to put other people’s needs before our own. Over time this can be detrimental to our health. Regular rejuvenation and self-care practices are fundamental aspects towards maintaining our own wellbeing. To illustrate this concept when flight attendants state “If an emergency were to occur, the oxygen masks will fall, it is critical to put your own mask on first before helping others.

Today we live in a busy, fast pace and chaotic world. Which requires a lot of our mental, physical, emotional and spiritual energy. We all have limits and if we are constantly filling everyone else’s bucket up and not replenishing our own, we can become depleted. In which case, it is not only us that will suffer, but also those around us. So, it is our responsibility to engage regularly in self-care mechanisms that help to restore and replenish our own Mauri [sense of wellness] in all facets of life.

Just as the new season is on the horizons, so is change. Change brings new growth and experiences. Creating a sense of renewal. Too often we become stagnant, by reminiscing on our past experiences or feeling anxious about our future. This robs us from the “now”. Our present however brings limitless opportunities and gifts to re – awaken, refresh and reset ourselves. NOW is the time to discover what brings you joy, NOW is the

time to put yourself first, NOW is the time to replace your energy, NOW is the time for a fresh start because if not NOW then when?

Our understandings of REJUVENTATION are as follows. Engage with people, situations and activities that help to **Restore** you. By doing so, you will increase your **Energy** and zest for life. When we have energy, we feel **Joy**, when we are joyful, we feel **Uplifted** when we are uplifted, our physical bodies thrive. Discover what brings you **Vitality** and do this frequently. In **Essence**, we are our own kaitiaki [Guardian] therefore, we need to **Nurture** ourselves daily by bringing **Attention** to our wants and needs and take positive action to achieve these. **Treat** yourself often and embrace what **Invigorates** you. We need to take care of **Ourselves**, in order to take care of others. **Now** is the time to restore yourselves, **Now** is the time renewal. **Now** is the time for self-growth.

Some activities that can help towards mauri and rejuvenation, include getting out of your comfort zone, walking in nature, being barefooted on the earth, massage, drinking water, swimming, meditation, exercises, eating well, being around like-minded people, music, dancing and travelling. Whatever puts a spring in your step, a smile on your face and warmth in your heart, do more of it, NOW is the time for you.

Kia mataara- Be mindful, Kia ita – Be committed, Kia ora – Be well

Renee Bacley & Kelly Ngaronoa

Renee and Kelly are both former MHAPS’ peer workers; Kelly still works with MHAPS as an occasional contractor.

Editor:- It is interesting how the invitation to ‘put yourself first’ creates some discomfort for me. Maybe it’s because I know I do that, but do not always feeling comfortable about it. Kelly and Renee’s article invites me to think about why putting myself first creates this feeling.



Green prescription

A Green Prescription is a health professional’s written advice to a patient to be physically active, as part of the patient’s health management.

For more information contact **Sport Canterbury** on 03 373 5055 or go to: -

<http://www.activecanterbury.org.nz/health-professionals/green-prescription.aspx>

How I Turned Anxiety into a Superpower

What's a "flaw" you learned to love?



By Dr. Christine Bradstreet, Transformation Consultant and Inspirational Author

Someone asked me about a "flaw" in myself I learned to love. It really got me thinking. The question had such an impact, I even asked other writers here at *Change Your Mind-Change Your Life* to share their stories. Here's mine.

Anxiety wasn't always my superpower. Far from it. I remember first feeling that sick-in-the-gut wave of anxiety when I was only about 5 years old. I didn't know what it was. I thought I was going to throw up, but I didn't. Playing with dolls, sitting on the couch, out with friends. It really didn't matter where I was or what I was doing, that wave could come out of nowhere and shoot through my body with no warning. Early on, it didn't bother me or stop me from doing anything. Then one day I became aware of the thought, "What if it happens when...??" I Used to Let Fear Run my Life. One Simple Thought Changed Everything.

In that moment, I gave it power. With that 'what if' thought, I gave life to the anxiety, and I gave it the power to tell me what I could and couldn't do. It stopped me from living in a dorm in college. It stopped me from traveling by airplane. It stopped me from eating out at restaurants comfortably. It got in the way of me developing close friendships. It stopped me from doing certain things, and at the same time, it pushed me into doing others. It pushed me to get married at a much too young age. It drove me to create rituals and routines that brought an illusion of comfort. It drove me to be cautious and selective of what I'd eat. Those are just a few of the examples of the shackles it placed on my life.....

Read more here:-

https://thriveglobal.com/stories/how-i-turned-anxiety-into-a-superpower/?fbclid=IwAR2DIRYV1hI9tzl_V1XgkSyiX3nTg7AaM_-bpXwgU_JABQz6g-jlCLVd0U

In my experience the doctors I saw told me that I need to keep taking my medication but added nothing to the conversation on how I could better my life.

July 1, 2019 by [Raymond Baxter](#) Originally Published on [The Relationship Blogger](#) as '**3 Positive Aspects of Anxiety and Depression That Are Rarely Talked About by Your Doctors**'

If you're anything like me then you'll have spent much of your life visiting a swathe of professionals that have thrown big words around with rarely any explanation as to how they've come to this conclusion, or why they think it's affecting me. This was my reality.

My first ever diagnosis was Paranoid Schizophrenia, and I remember **sitting there at the end of that table with the doctor and my mother thinking my life was over.** It was the end of my stay at the psychiatric hospital and it was a mandatory session with my consultant to see how I was going to survive on the outside world. He was sitting there telling me that I would have Paranoid Schizophrenia for the rest of my life. He may have said a few things afterwards, but I was too busy wrapped up in my own thoughts of how my life was completely over.

You see back then, or at least 20 years ago when I was first diagnosed, it was just at the [end of the dark ages of psychiatry](#). I remember being taken for a walk along the, "Mad Mile" when only ten years previously, inhabitants were taken out of their wards, in chains, and walked for exactly a mile — hence the "mad mile." I have heard stories of psychiatric nurses dousing breakfast porridge with sedatives to keep patients quiet all day.

The stories are horrific, but probably from a different time. The nurses enjoyed sitting around telling us these stories. Interesting to say the least.

I've been given at least four other diagnosis' along my journey, until recently where **I no longer have a diagnosis, I'm just a "regular" guy integrated with society.** But no-one ever told me that I could get better.....

[Ask us for a copy of the full article](#)

SHORT ARTICLES and LINKS

DRUG HELP

DrugHelp is a programme of the NZ Drug Foundation. The tools are based on established methods to overcome moderate drug use disorder with guidance and peer review from New Zealand based addiction treatment experts.

The [NZ Drug Foundation](http://www.nzdf.org.nz) is a charitable entity which aims to reduce harm from alcohol and other drugs using evidence based initiatives while advocating for evidence based 'support, don't punish' drug policy in New Zealand.

Alcohol Drug Helpline [0800 787 797](tel:0800787797)

<https://drughelp.org.nz/a-bit-about-drugs/> info@drughelp.org.nz



Family Drug Support

Family Drug Support Aotearoa is a New Zealand wide organisation set up to support family/whānau and friends impacted by the alcohol and other drug misuse of people they care about. The aim is to provide support based on science, compassion and human rights. They support a harm reduction model.

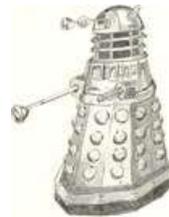
Free phone: 0800 337 877 <https://fds.org.nz/>

Mental Health Foundation E-Bulletins

Published each week, articles, opinions and useful links.

Here is the url for a current edition and an opportunity to subscribe or you can go through their website www.mentalhealth.org.nz

<https://dashboard.vega.works/MailViewer.aspx?xlnse3=6E5E489F-C359-4A83-8596-410D75ED4DEF>



DALEK Relaxation Meditation for Humans

<https://www.youtube.com/watch?v=7f8kahmsj-s&feature=youtu.be&fbclid=IwAR1WR22WxotEFmPiv-6xsfURGAX9tBIZyqOFRY5l1V-6RVv9wcQZecLDYc>

Are you perfect? Or perfectly screwed?



Ever found yourself hung up on something you can't seem to change? Something you desperately wish was different? Something that takes up a considerable amount of your mental and emotional attention, most hours of most days? When you're really stuck on something you can't change, it can feel like there are only two possible paths forward. Find a way to fix the difficult thing. Or accept that your life is completely and utterly ruined. *How pleasant.* But... what if there was a third path?

GET THE FULL ARTICLE HERE: - <https://mailchi.mp/928a575b2969/perfect-or-perfectly-screwed?e=c581b729f7>



No Worries

[PeerZone](http://www.noworries.org.nz) is a peer led organisation which is contracted by the Health Promotion Agency (HPA) as part of the Like Minds, Like Mine Programme to provide anti-stigma and discrimination workplace education called 'No Worries'.

The overall purpose of No Worries is to engage and work with employers to develop their capacity and confidence to employ people with mental distress and feel

comfortable in knowing how to respond appropriately. The programme is designed to take a personal approach using common-place 'kiwiana' lingo and using a range of cartoon characters and our mascot 'Ely' to deliver our messages.

Our target group is employers and work colleagues in medium-large nationwide businesses which are keen to improve their practices in employing and responding to people with mental distress and have a commitment to workplace wellbeing for all workers.

To find out more about No Worries, contact the team at noworries@peerzone.info

SHORT ARTICLES and LINKS

The five myths of self-compassion

“Because we evolved as social beings, exposure to other people’s tales of suffering activates the pain centres of our own brains through a process of empathetic resonance. When we witness the suffering of others on a daily basis, we can experience personal distress to the point of burning out, and caregivers who are especially sensitive and empathetic may be most at risk. At the same time, when we give ourselves compassion, we create a protective buffer, allowing us to understand and feel for the suffering person without being drained by his or her suffering. The people we care for then pick up our compassion through their own process of empathic resonance. In other words, the compassion we cultivate for ourselves directly transmits itself to others.”

Quote from article: https://greatergood.berkeley.edu/article/item/the_five_myths_of_self_compassion

On 1 September 2019, **Ngā Poutama Oranga Hinengaro 2019: a survey of mental health and addiction consumers, family & whānau experience** was launched. This survey will capture a baseline snapshot of the experiences of people who have recently used district health board-based mental health and addiction services.

<https://www.hqsc.govt.nz/our-programmes/mental-health-and-addiction-quality-improvement/projects/survey-of-mental-health-and-addiction-consumers-family-and-whanau>

45 Conversation Starters to Bolster Your Bond with Your Friends and Family

By Margarita Tartakovsky, M.S. / 8 Jul 2018

Article: <https://psychcentral.com/blog/45-conversation-starters-to-bolster-your-bond-with-your-friends-and-family/>

Using Connection to Transform Addiction

Right now an exciting new perspective on addiction is emerging. Johann Harri, author of *Chasing The Scream*, recently captured widespread public interest with his Ted talk **Everything You Know About Addiction Is Wrong**, where he concluded with this powerful statement: - ‘*The opposite of addiction is not sobriety. The opposite of addiction is connection*’.

<https://upliftconnect.com/using-connection-to-transform-addiction/>

The perils of ignoring the spiral of loneliness.

by Catherine Woulfe / 25 July, 2016

The fear of isolation is inscribed in our DNA and loneliness is an identifiable health risk. But acknowledging and even welcoming it may be the secret to beating it.

Article: <https://www.noted.co.nz/currently/social-issues/the-perils-of-ignoring-the-spiral-of-loneliness/>

Te Waiora House

Christian Retreat Centre *Time Out - Restoration - Growth*

Te Waiora House offers affordable accommodation in a beautiful and extensive rural setting. We can be found just outside Hororata, in the Selwyn district of Canterbury, west of Christchurch, in the South Island of New Zealand. We offer five twin, ensuite bedrooms, a large lounge and dining room, suitable for meeting, along with a chapel that can seat over twenty. Our aim is to be a place of peace and refuge for those who need to recharge their batteries, emotionally, physically, or spiritually. Oversight and care are given by on-site hosts. Our desire is for all who stay at Te Waiora to feel loved and cared for; to experience the peaceful countryside, the beauty of the garden and the mountains, and to leave feeling rested and refreshed.

236 Hororata Rd, Hororata, Canterbury, New Zealand P.O. Box 20-419, Bishopdale, Christchurch 8543 <http://www.tewaiorahouse.org.nz/>

Tell me what you want (what you really, really want...)



I'm not really channelling the Spice Girls. (If I was, I'd have to own up to being Old Spice.) But I do want your opinion on something...

Spring is bursting into life and at the same time, in the world MHAPS works in, new opportunities are sprouting everywhere we look. The Wellbeing Budget earlier this year promised New Zealanders several new services and ongoing investment in tackling child poverty, domestic violence, and homelessness.

In mental health and addictions in particular, I'm told the government wants to make sure people experiencing mild to moderate distress have a range of choices for support, that are free and easy to access. I met the Health Minister, David Clark, recently and he specifically mentioned peer support as being part of what they want to see in this mix.

Now, I know that MHAPS is already providing free and easy-to-access peer support and peer advocacy to the people of Canterbury, from 17 years upwards. We already have around 40 new people walking in to meet us every month. We'd love to be able to expand what we do so that even more people have the opportunity to experience the transformative power of peer support.

I'm also aware that it's nearly 10 years since the groundwork for MHAPS was laid. Three small, flax-roots NGOs – Anxiety Support Canterbury, Bipolar Support Canterbury, and PCT – spent a year or more meeting, talking, negotiating, and eventually agreeing to merge in 2011 into one peer support and advocacy organisation.

The MHAPS' Trust Deed reflects the things that were important to us then, as Board members and staff of those three very different organisations, the bulk of whom had personal lived experience of mental distress and addictions.

A lot has changed since then. We've had a national Inquiry into mental health and addictions. New Zealanders are deeply worried about how many people are dying by suicide. MHAPS has evolved to be the largest independent wholly peer-led and peer-delivered service in the country. We're still pretty small, though, compared to most NGOs delivering mental health and addiction services in Canterbury.

Are the MHAPS' purpose and objectives still what we expect a lived experience organisation to be doing.....?

Are the MHAPS' Trust Deed purpose and objectives still what we expect a lived experience organisation to be doing, on the eve of 2020? I'd love to know what you think. We're looking closely at our Trust Deed over the next few months but you can also email with your thoughts anytime. Just write to reception@mhaps.org.nz with **Trust Deed** in the subject line.

You can find the MHAPS Trust Deed here [Rules amendment uploaded 11-01-2012]:
<https://register.charities.govt.nz/CharitiesRegister/ViewCharity?accountId=ad3877d0-108a-dc11-98a0-0015c5f3da29&searchId=d03fd7f7-7c2f-41bb-8e48-cc6e5acea4fd>

***Fiona Clapham Howard,
MHAPS' Te Kaihautū / Service Director***

The pounamu pictured here is Piki te whaiora. Together with the story of its journey it is displayed at MHAPS' reception for all to enjoy. This stone was donated to MHAPS in November 2017 by our outgoing Service director, Sue Ricketts. Sue's gifting included these words: -

'I gift this to MHAPS with love and deep respect for the power of peerness, and the future ahead where people in mental distress will discover empowerment and overcome their fear. They will do this with the purposeful and meaningful connections they form with others and themselves by their involvement with MHAPS—just like Piki te whaiora has shifted from abandonment and fracture to become the taonga of MHAPS.'

MHAPS SERVICE UPDATES

WHAT'S ON AT MHAPS?

We offer peer-to-peer advocacy and a range of individual and group peer support options.

For a copy of our service updates go to: -

<http://mentalhealthadvocacypeersupport.org/>

Email reception@mhaps.org.nz

Phone (03) 365 9479

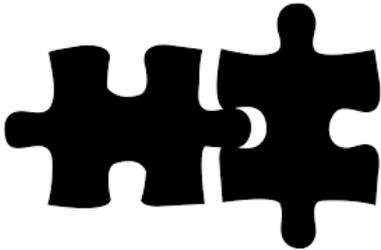
Or a pick up a hard copy from our office at unit 4, 357 Madras Street (next to Heart Foundation)

Themes

FREE talks on mental health addictions and recovery topics

On the second Tuesday of each month. You don't need to be an active MHAPS client, just have an interest in the topic, whether for you a friend, family member, from your professional interest.

If you haven't been to **Themes** before, or you're coming as a part of a group, please contact reception@mhaps.org.nz or phone (03) 365 9479 to register and get details of our venue and a 2019 programme schedule.



Here's how to *connect* with MHAPS

We provide individual peer support and advocacy, multi-workshop recovery programmes and purposeful discovery groups

ALL OF US at MHAPS have our own lived experience of a mental illness or addictions issue. In practical terms this means we are able to make rapid connections with people going through something similar. To connect with us you don't need to have a formal diagnosis—but if you do that's fine too—just the fact that you're distressed and struggling is enough. *Our core services are free of charge.*

To begin with you **don't need to make an appointment**, instead just come into our office Monday to Friday, preferably between 10:00am and 1:30pm. We have someone rostered to greet and meet with you. We start by asking you **what has brought you to come and see us** and then we move on to talk with you about who we are and what we do. This usually leads to our discussing with you what we do and then probably a suggestion about which of our services may be the right place to start. If you like what's being suggested then we will follow up with you later, usually within a week.

You'll find us at **unit 4, 357 Madras Street** (next to the Heart Foundation). You can also contact us on phone **(03) 365 9479** email reception@mhaps.org.nz or go to our website <https://www.mhaps.org.nz> where you can get a copy of 'What's On at MHAPS' to find out more about us.

MHAPS SERVICE UPDATES

Are you experiencing moderate, or high anxiety?

RecoveryWorks is an 11 week psycho-social recovery and change programme. Workshops are four hours each and there are two individual one-hour coaching sessions.

Over the past ten years most of the people who have participated in the programme have made strong gains, reducing their anxiety and gaining in confidence.

'Exceeded all my expectations....'

'....has changed the course of my life completely...'

'....highly valuable.....'

For more detailed programme information contact Ian on email: lex-manager@mhaps.org.nz or phone (03) 365 9479 or website: - <https://mentalhealthadvocacypeersupport.org/>

MHAPS OPEN DAY

join us between 10am and 3pm on Thursday November 14th



MHAPS **Open Day** is our opportunity to celebrate another successful year of working together with peers. It's a chance for us to put some statistics and narrative around what we do and to take pleasure in the positive changes people have made to their lives over the last year.

We'll start with our **ANNUAL MEETING at 10am**. There'll be a guest speaker, followed by a snapshot of our work in 2018/19 taken from our annual report, with light refreshments to follow.

Later in the day we're hosting presentations of **MEET US AT MHAPS**, something we trialled in July and that was very well received. Many people want to know more about our services and how to access or support them. Presentations will be at 11:30am and 2pm, lasting about 45 minutes including question time.

NO BOOKINGS NEEDED, JUST COME ALONG ON THE DAY. WE LOOK FORWARD TO MEETING YOU!

ARE YOU WAITING FOR A MHAPS' SERVICE?



You may be waiting to join a group, for place on a programme or for one-to-one peer support or advocacy. When you need help to move forward waiting for that help to materialise can become its own burden, especially if you're already feeling isolated.

MHAPS have a drop-in session facilitated by one of our workers each week on a **Tuesday between 2:00 and 3:00pm**.

We're calling this group **'Come and Connect.'** It's a chance to make an early follow up connection with MHAPS staff and with other people. There's the opportunity for discussion, sharing your thoughts and experiences, or you might just want to be there and listen to others. ***There's no need to book, just come on the day if you feel like it.***

MHAPS COMMUNITY UPDATES



Awareness Consumer Network

Awareness is a network of people with personal experience of mental health or addiction challenges and who meet to improve the health system and wider society

Upcoming meetings:-

Monday 14th Oct 2019– Awareness Monthly Meeting at 357 Madras St. - *Green Room*

Monday 11th Nov 2019– Awareness Monthly Meeting at 357 Madras St. - *Green Room*

Monday 9th Dec 2019– Awareness Monthly Meeting at 357 Madras St.—*Green Room*

If you're interested in joining Awareness or in knowing more about us contact Kelly on (03) 366 8288 or go to our website: - <https://awarenesscanterbury.com/>



Consumer-run mental health radio show Saturdays 1.00—1.30 (repeated Wednesdays 10.30 am)



Our consumer radio show has been on Canterbury community radio for 15 years! That is a huge accomplishment when the producer and interviewers are volunteers. We really appreciate the commitment made by people over all these years. Especially Debbie who has been solid as a rock and very creative. It is great to have a vehicle for informing our community about what is new and what affects them.

That being said **we are in need of more helpers!** We could use a couple of people who have any broadcasting experience or would like to learn to be an interviewer. Please call Beth at 03 366 8288 for more information

If you have a recovery story or a service to promote please give us a call at **366 8288** or email **mgr.cas@mhaps.org.nz**

Upcoming Shows: -

- | | |
|-----------------|---|
| Sat 14 Sep 2019 | Brett interviews Nina about her personal story |
| Sat 21 Sep 2019 | Brett and Kat discuss Highly Sensitive People - part 1 |
| Sat 28 Sep 2019 | Brett and Kat discuss Highly Sensitive People - part 2 |
| Sat 5 Oct 2019 | Bernie discusses the effects of concussion on Mental Health |
| Sat 12 Oct 2019 | Deb shares a Ted talk: Emily Levine 'How I Made Friends With Reality' |
| Sat 19 Oct 2019 | Deb shares a Ted talk: Nadine Burke Harris: 'How childhood trauma affects health across a lifetime' |
| Sat 26 Oct 2019 | Deb and Beth: Mental health and Hormone replacement |

We apologise if due to last minute changes the show played does not match this list.

Get podcasts of shows you have missed at: <http://plainsfm.org.nz/podcasts/programme/quiet-minds/>

MENTAL HEALTH AWARENESS WEEK

EXPLORE YOUR WAY TO WELLBEING
WHĀIA TE ARA HAUORA, WHITIORA

23 - 29 SEPTEMBER, 2019

<https://mhaw.nz/>



Visit our website and Facebook pages

www.mhaps.org.nz

<https://www.facebook.com/mhapschch>



Peer Support

Peer Advocacy

Peer Discovery Groups

Consumer Participation

Latnam 826 programme

Recovery programmes

Information and Talks

Quiet Minds Radio

PO Box 21-020 Edgeware

CHRISTCHURCH 8143

Unit 4, 357 Madras St

365 9479; 0800 437 324

reception@mhaps.org.nz

www.mhaps.org.nz

IMPORTANT NUMBERS

Need to Talk?

Free call or text 1737 anytime

Crisis Resolution 0800 920 092
364 0482 or 364 0640 after hours

24 Hour Surgery 365 7777

Lifeline 366 6743 or 0800 543 354

Healthline 0800 611 116

Alcohol and Drug Helpline
0800 787 797

Youthline 0800 376 633

Parentline 381 1040

*“Oh, the comfort,
the inexpressible comfort
of feeling safe with a person;
having neither to weigh thoughts
nor measure words,
but to pour them all out, just as they
are,
chaff and grain together,
knowing that a faithful hand will take
and sift them,
keep what is worth keeping,
and then, with a breath of kindness,
blow the rest away.”*
— Dinah Maria Mulock Craik,
A Life for a Life

DISCLAIMER: The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst MHAPS endeavours to ensure the reliability and accuracy of all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.

FAMILY VIOLENCE IT'S NOT OK | **IT IS OK TO ASK FOR HELP**

<http://www.areyouok.org.nz>

**24-Hour Hotline**
Anxiety New Zealand TRUST

If you are feeling anxious and need someone to talk to – wherever you are in New Zealand – you can phone our free 24 hour Anxiety Help Line.

0800 ANXIETY (0800 269 4389)



MHAPS acknowledges and thanks the following organisations for their continued and valued financial support

CANTERBURY DISTRICT HEALTH BOARD (CDHB)

RATA FOUNDATION (Canterbury Community);

**CERT; One Foundation Ltd; Christchurch Casino; Christchurch City Council;
Mainland Foundation; Christine Taylor Foundation; Frozen Funds Charitable Trust;
Lottery Grants Board; Lion Foundation; Pub Charities; Southern Trust**

IF UNDELIVERED PLEASE RETURN TO: -

PO Box 21-020, CHRISTCHURCH 8143

If you no longer want to receive this newsletter or our regular updates 'What's on at MHAPS' please contact Shelley on email: reception@mhaps.org.nz or phone (03) 365 9479