

ISSUE

26

Momentum



AUTUMN
2021

together on the road to well-being...

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Momentum is published by
THE ENTERPRISE TEAM

Editors: Beth and Kat

Nau mai, Haere Mai!



It is with great pleasure that the Board of Trustees and the staff at MHAPS welcome our new General Manager to the team.

Marney Ainsworth took up the role in February and has settled into our mahi with ease. She comes from such a diverse work experience from union work

to contracting in the mental health sector to commercial management that MHAPS will benefit greatly by her tenure.

Mental Health in Aotearoa New Zealand is perched on the edge of great change and Marney's connections and commitment ensure MHAPS can remain leaders in peer support and ensure future developments in Canterbury include strong tangata whaiora/lived experience inclusion. Her organisational skills and financially responsible attitude can only make MHAPS a stronger, more sustainable organisation.

Thank you Marney for taking up the steering of this waka. We look forward to the bright future.

He waka eke noa *A canoe which we are all in with no exception*

Perspective

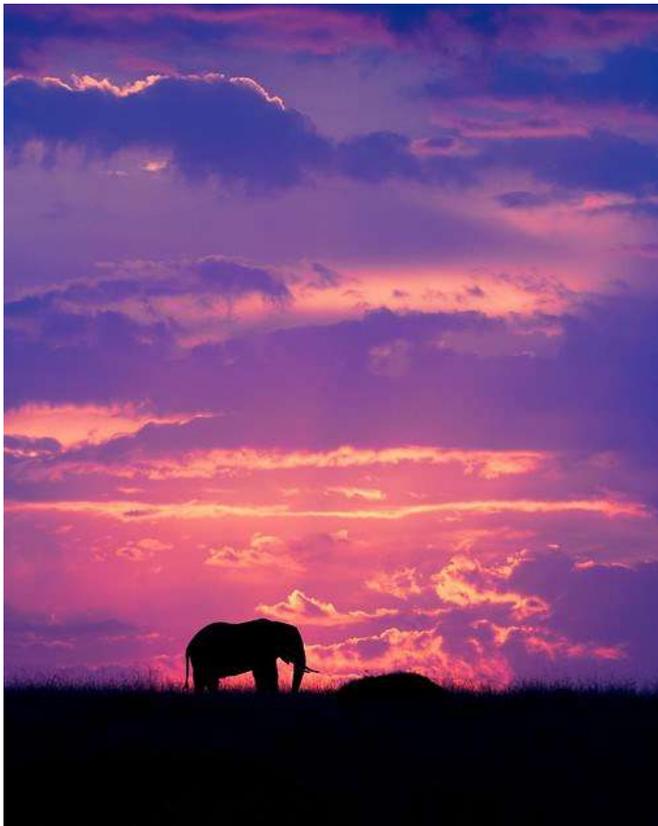
It started when we were in school and learned how to draw. We put that triangle on the page and turned it into train tracks or a street view. We came to understand about perspective in a basic, physical sort of way when we were young.

Next we learned that there were people who thought in very different ways than we did. Some were more open minded and we learned to give some people more understanding. Some had experienced we might never get such as travelling overseas or studying and we learned to absorb as much as we could to broaden our own minds. Some were closed minded, rigid thinkers, discriminating people and we learned to avoid them. We learned, hopefully, to do our own research and thinking and make up our own minds.

Next we experienced the explosion of social media effects and learned to be selective about who we stay connected to and who to trust. We learned not to accept everyone's perspective, whether it was through "wise words", cat videos or conspiracy theories. We learned to discriminate ourselves about which voices we would allow to influence our thinking.

All these examples show a similar path for our learning about our own way of being. When we have experience of depression or anxiety or PTSD (Post Traumatic Stress Injury) or the other myriad versions of lived experience, we are always listening, watching, thinking. It is called a journey because it takes us a very long time. I have to say that every decade I have some kind of an episode that challenges my confidence and requires me to climb back out of the hole and rethink all my strategies and beliefs. I have had to re-assess my perspective on what happened in the past and what might have been a trigger this time. I have to re-assess my understanding of how well what I learned years ago might apply to what is happening now.

Continued on page 3



**Yellow
Brick
Road**

**Te Wahapūahoaho:
Supporting families
towards mental
wellbeing**

Formerly known as **Supporting Families NZ**, we're Yellow Brick Road; a national organisation that provides support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Every day we set out to ensure they feel listened to, supported, equipped and confident to overcome the challenges they face.

Contact us at

03-366 9284

Or

<https://yellowbrickroad.org.nz/> and select Canterbury

Mostly I have to re-asses the perspective I have of myself, my resilience and my strengths.

At first I am down on myself for not being strong enough or paying attention to my first signs of stress, before they become distress or just being unreliable. I am conscious of letting people down. All the self stigma we are used to experiencing hits me. That is when my personal perspective is at its most unhelpful. It takes a while before I can hear the perspective of my friends, my colleagues and my family. They are supportive, reassuring and confident for me. Most of us can recognise the pattern of “falling down” and then the slow process of getting backj up.

I have had a long time in this pattern. What I have learned over these **many** years is that I am never finished learning. Each life stage has different complications for my wellbeing. I have to experience the new situation and develop new strategies. That is why many in the consumer community hate the word “recovery”. It isn’t a broken bone that has a time line so we need a better representation of the process of getting to a good balance. But like a broken bone, when we get back up, when we learn new strategies, when we improve our perspective of ourselves, we end up stronger.

I like to say we are like a Pyrex casserole dish. Been through the tempering fire and are stronger for it. When things aren’t great, let your whanau remind you of your strengths and previous successes and allow you negative self perspective change to something more forgiving and more positive. Then you’ll have more strength and experience if there is a next time.

Take care all,

Beth

Service Delivery Manager (Advocacy)

Tips to Boost Your Mood

Problems Feel Smaller When You Share Them

Talking about what’s troubling you has been proven to have a positive impact on how you feel



- > It can be scary to open up about mental health, but doing so will allow the people in your life who love and care about you to be supportive
- > Talking to people you trust can be a really good source of support, but if you are not comfortable talking to someone close to you, call a support line or talk to your GP
- > You might find it easier to start the conversation when you are doing something else, such as going for a walk or grabbing a coffee together
- > If the person you’ve chosen to talk with doesn’t react in the way you expect, don’t give up, find someone else who may be better equipped to help you
- > Let the person know what they can do to help you

Remember you are not alone

mherc.org.nz 0800 424 399

 **MHERC**
Mental Health Education & Research Centre

Youth News

What Makes a Good Life for Tamariki and Rangatahi Māori?

From 4 June 2021



<https://www.occ.org.nz/publications/reports/tamariki-rangatahi-maori-summary-report/>

As part of our engagement with children and young people for our [What Makes a Good Life report](#), we did 175 face-to-face engagements with tamariki and rangatahi Māori. This summary report shows how they envision a good life for themselves and their whānau, and the barriers they face to experiencing a good life.

Tamariki and rangatahi gave us four key insights into what a good life means for them:

We want the opportunity to be our true and best selves as Māori

- ◇ *We want the education system to work for us*
- ◇ *We want safe, clean and supportive communities*
- ◇ *We need our whānau to be supported so they can support us*

The document aims to share their voices to help inform policy and practice development for services to tamariki and rangatahi Māori.

We hope this report will encourage further thinking about important questions to ask tamariki and rangatahi Māori about issues that affect them.

Further information is available in the full [What Makes a Good Life report on our website](#).



The Youth Team have some fun, connecting activities planned for this year.

Mindfulness, Art therapy, Bush Walks, Outings, Education, Nature trips and more.

All activities are in line with the Te Whare Tapa Wha model.

Come in and see us to find out more.

Coping with Exams

From Community and Public Health

<https://www.cph.co.nz/wp-content/uploads/mnh0029.pdf>

Most students notice some anxiety and tension at the thought of sitting exams. Some students, however, will experience a degree of stress and anxiety that is quite defeating. Their fears can affect them physically, e.g. difficulty sleeping, headaches or stomach upsets, and mentally, e.g. lack of concentration, irritability and gloomy feelings.

It then becomes important to take steps to minimise and reduce these feelings.

See the link above for ideas around

- ◇ How to Cope
- ◇ Ideas for Planning and Studying
- ◇ Ideas for afterwards
- ◇ If you don't pass

The link above will take you to a printable booklet to share.

eCALD

Free counselling and psychological services in multiple languages

Diversity Counselling New Zealand (DCNZ) offers free face-to-face culturally responsive counselling and psychological services by ethnic registered professional counsellors and clinical psychologists for migrant and former refugee clients from Asian, Middle Eastern, Latin American and African and Continental European backgrounds (all age groups, all genders).

This service will be available for a limited time, and will be available in the languages such as Sinhalese, Tamil, German, Hindi, Bemba, French, Japanese, Bengali, Punjabi, Korean, Hungarian, Nyanja.

For other languages, the service will use professional interpreters.

How to access:

- Call/ text 021- 0262-5587 between 9am - 5pm
OR
- Email: contact@dcnz.net

Response time

Within 24 hours.

Service delivery

Besides face-to-face service delivery, remote services are available via Skype, Zoom, WhatsApp etc.

For further information go to the [Diversity Counselling NZ website](#).

Anxious Teens

Here are a few handy links to websites for younger people who are experiencing anxiety.



<https://www.whatsup.co.nz/teens/>

<https://www.auntydee.co.nz/tips-and-help>

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://www.heysigmund.com/anxiety-in-teens/>

<https://raisingchildren.net.au/pre-teens/mental-health-physical-health/stress-anxiety-depression/anxiety>



Reframe Wānanga is a collection of courses and workshops that young people can enrol in to learn about mental health and wellbeing in creative, holistic and empowering ways. Courses and workshops are free to attend, and are all facilitated by mental health professionals and young people with their own experiences of getting through tough stuff.

rw.org.nz

www.facebook.com/reframeNZ



Te Hurihanga ō Rangatahi
The Youth Hub

The Youth Hub is a collective of co-located services and facilities, along with transitional housing, based in the heart of central Christchurch.

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

Engaging Content to Help Youth to Talk about Mental Wellbeing

Many of today's teenagers have experienced, or will go on to experience a mental health crisis. Mental illness occurs for every one in four New Zealanders. Our youth/rangatahi are particularly at risk, showing increasing distress and self-harm behaviours. Anxiety, depression and suicide rates among rangatahi have been showing a disturbing increasing trend over the past decade. Generation Z are more likely to report mental health problems than any other generation. LGBTQIA persons and ethnic minorities continue to be disproportionately affected by mental health problems.

It's common for people to get physical illness and anxiety confused. That's because anxiety can often be located in feelings in our bodies. Examples can be: our heart racing, our breathing increases and is short and fast, our stomach is in knots or fluttering or feels like there's a pit in it, we may be shaky, tense, or sweaty. Our mind may go blank, or the opposite – a million thoughts may be racing through our mind, overwhelming us. Sometimes, anxiety isn't clear cut, and comes across like something else. This could be feeling sick, anger or irritability, trouble sleeping, difficulty focusing, avoiding school or school work, overplanning, or even negativity.

Feeling nervous and worrying are normal responses everyone has to challenging situations. Most people get anxious before public speaking, or an exam. These emotions can help us stay safe and get things done, but too much anxiety can affect our ability to feel good and function well. Once the threat has been removed, such as when the exam is over, usually our anxiety goes down. When anxiety is making us feel bad too often, or interfering with our day to day lives, it may be a sign that we need to reach out for help.

But reaching out for help is not always easy. Mental illness is often seen as a taboo topic. Young people feel at risk of facing judgement of their peers at a time when fitting in feels particularly important. That is why content that reaches out to rangatahi normalising mental health struggles is so important.

The recently launched documentary webseries [Fight or Flight](#), by director Michelle Cameron, presents 12 young people sharing what anxiety and depression feels like for them, with honest testimonials and great animations. Having also suffered from anxiety herself, Michelle presented mental issues respectfully and very engagingly, in a way that rangatahi can find relatable. Content like this can help reduce stigma, encourage young people to talk more openly about mental health, and seek support.

Remember, everyone goes through tough times or difficult feelings at some point in their lives, and it isn't always easy or useful to try to deal with them alone. Talking to someone can help you to better understand yourself, discover your strengths, make decisions, and cope with difficult feelings.

All rangatahi have the potential to do well. Through building identity, confidence, hope and empowerment to determine their own futures, when whānau is valued and supportive, and intergenerational and cultural connections are strong, rangatahi can thrive.

<https://www.anxiety.org.nz/post/engaging-content-to-help-youth-to-talk-about-mental-wellbeing>

SHORT ARTICLES and LINKS

Brand new eCALD® website (Cultural and Linguistics Diversity)

We are celebrating our 15-year anniversary with the launch of a 'brand new website' showcasing a [history of our milestones and achievements since 2005 to now](#). Our website presents an amazing and comprehensive range of digital cultural competency courses and cross-cultural resources. Check out what is new on the following pages:

[Home page](#)

[Courses page](#)

[Upcoming face-to-face or remote-face-to-face courses](#)

[Cross-cultural resources page](#)

[Resources page](#)

[Cross-cultural interest group programme](#)

[About us](#)

Eating disorders recovery app created.

A one-of-a-kind programme has been created in New Zealand and is delivered via an app to support people through recovery from an eating disorder.

Although Love your Kite is being overseen by clinical professionals, Hannah and Genevieve are wanting to create something separate to the traditional clinical resources currently available. Like a beautiful book, it is user-led, is supportive and encouraging. The program will not only include achievable modules, but will also have links to mental health resources and short mindfulness exercises.

<https://healthcentral.nz/new-eating-disorders-recovery-app-created/>

Support service for Kiwis living with eating disorders welcomes people under its 'canopy'

Canopy Eating Disorders Support Services (Canopy) is New Zealand's first eating disorder specific peer-to-peer support, both online and in person, community-centric service. It makes practical support affordable and accessible to all Kiwis affected by eating disorders and disordered eating to help them flourish and reclaim their lives.

<https://www.nzdoctor.co.nz/article/undoctored/new-support-service-kiwis-living-eating-disorders-welcomes-people-under-its>



Youth -- Mental health services

<https://www.cinch.org.nz/categories/a-z/y/1874/entries>

CINCH is an online community directory of clubs, community organisations and continuing education course providers in the greater Christchurch area. Created by Christchurch City Libraries in 1981, CINCH has grown to include more than 5,800 listings, mainly in the area between the Conway and Rakaia Rivers and inland to Springfield. Ski Fields, camp sites and golf courses outside this area are also listed. To keep information as up to date as possible, Christchurch City Libraries contacts every organisation listed annually. Not all organisations respond, so each listing contains the date of the last successful contact with an organisation.

The link above will take you to the material available for youth with mental distress in Canterbury

ARTICLES of INTEREST

From Graham at The Big feels Club Accepting the hard stuff

I just did [an interview with the NZ website Capsule](#).

One of the questions they asked me was, 'what are the tools that help me maintain my mental health?'

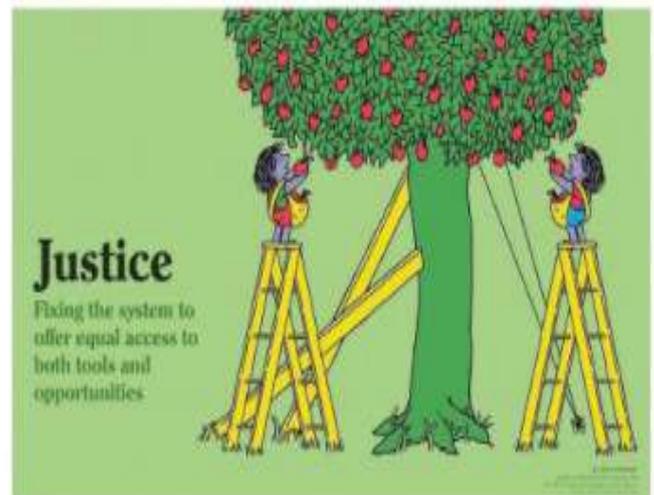
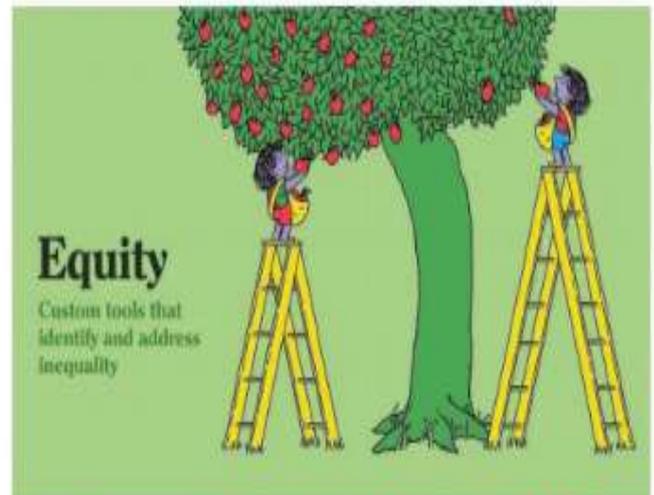
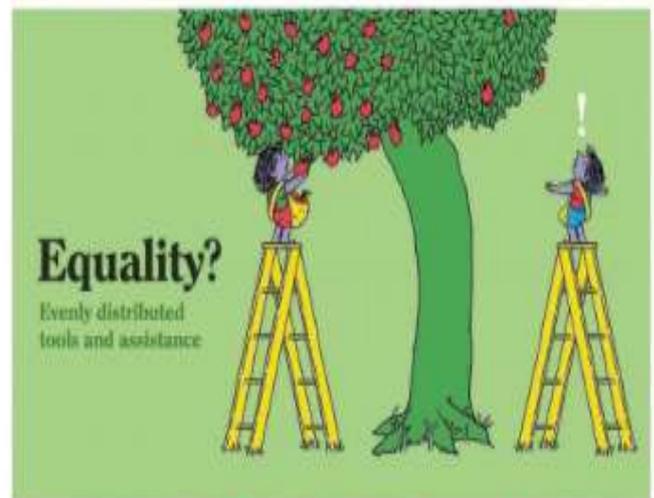
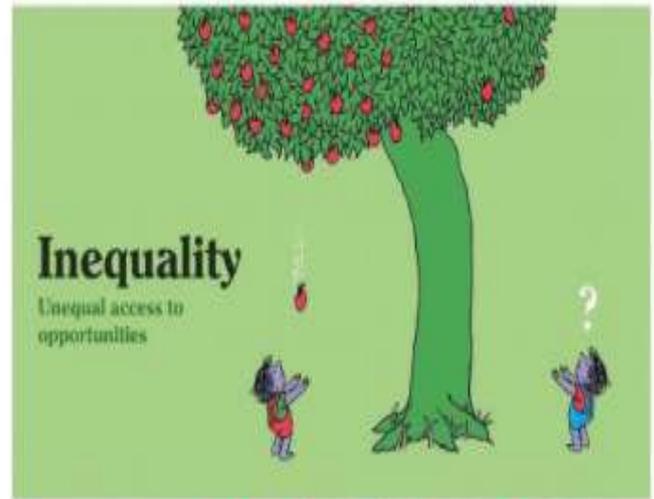
Here's what I said...“I wouldn't say I have 'tools'. It's funny, I think the biggest shift for me came when I actually *stopped* trying so hard to 'fix' myself. If you spend your life trying to fix yourself, you can really start to feel like you are the problem. I'm slowly (sloooowly) learning to be more gentle and accepting with my sensitivities. Lately I've been thinking of it this way. The hard stuff – the doom spirals, my finely-honed ability to anticipate any and all possible catastrophes well before they happen, the feeling of being on edge all the time – it's all part of me.

My friend sent me a quote about this just the other day, from Jung (definitely a big feeler). Basically, all that hard stuff that we judge as 'worthless', he says it *belongs* to us. He says, it 'belongs to me as my shadow and gives me substance and mass. How can I be substantial if I fail to cast a shadow? I must have a dark side if I am to be whole.'

So I now see that as my number one job when it comes to this stuff. To make friends with the hard stuff. That's probably a life-long task, but there you go. All of which begs the question... *Yeah but how do you actually do that though?*

For some answers to this question and others look to the Big Feels website at

<https://bigfeels.club/best>



Here is a link to a new Ministry of Health funded website that may be useful for these difficult times
<https://www.smallsteps.org.nz/>

Start Your Small Steps Journey



Manage your stress

Feeling stressed? Learn possible causes, and small steps you can take to relax and unwind.

[Learn more](#)



Calm your mind

Everyone feels anxious sometimes. Discover some ways to manage these feelings.

[Learn more](#)



Lift your mood

If you're feeling down or depressed, start your journey with small and achievable steps.

[Learn more](#)



**Consumer-run
Mental Health Radio Show**
Saturday 1.00 pm —1.30 pm
repeated Wednesdays 10.30 am



Hello All,

We are planning a great year with Quiet Minds. Hopeu have kept up with all the great stories we've been able to tell in the past. It is great to have a vehicle for informing our community. If you have a recovery story or a service to promote give us a call at **366 8288** or **email mgr.cas@mhaps.org.nz**

Upcoming Shows

- | | |
|------------------|---|
| Sat 10 July 2021 | Beth talks to Deb about S A D—Seasonal Affective Disorder |
| Sat 17 July 2021 | Damian talks to Deb about his Hep C documentary |
| Sat 24 July 2021 | Damian talks to Deb about AOD services in Christchurch |
| Sat 31 July 2021 | Deb talks to Hamish about music and his mental health |

You can get podcasts of shows you have missed at

<http://plainsfm.org.nz/podcasts/programme/quiet-minds/>

We will be starting our new season in a few weeks. If you would like to be part of the planning team please call Beth at 03 365 9479

PROGRAMMES, GROUPS and 1-to-1 SERVICES

We are meeting with people face-to-face at our offices. We recognise however that some people still may feel vulnerable about coming in and so we can begin our relationship with you by phone or email.



CONTACT US: - 'FIRST STEP'

This is how we always begin with people who want to use our services.

To access any MHAPS services please just come in for a low-key conversation with one of our peer workers. **No appointment needed!** Just pop in any weekday, ideally between 10.00am and 1.30pm .

You can choose to talk to us about what's happening for you, or you may prefer that we begin by telling you more about us.

At the conclusion of First Step MHAPS staff may suggest a service to you and if you agree they will pass your details onto that team, who will be in touch with you soon.



MHAPS CONNECTION GROUP

A relaxed space to be heard, connect with others and explore what it is to be human, and the challenges we can all face with this.

No need to book, just come in. (after 1st step completed)



1:1 PEER SUPPORT and PEER ADVOCACY

These relationships always start with establishing a good connection between two people.

Peer Support workers provide valuable perspective and can assist you to reduce any feelings of isolation and disconnection you may be feeling. From there they develop a mutual understanding and agreement with you on how to work together and what to focus on.

Advocates can help you with issues that may arise in relationships with GPs and organisations like Work and Income, Tenants' Protection Association, and many other services in Canterbury. Working with you an Advocate can help ensure you are heard and improve your service experiences. As well as our general mental health focus our advocacy team includes two people who specialise in working with people who are struggling with alcohol or other drug issues.



AWARENESS CONSUMER NETWORK

Awareness is a network of people who have used mental health or addictions services, or identify with experiencing mental illness, substance use issues or distress. Our aim is to help make services and wider society better for people with experience of distress.

For more information contact Claire on **(03) 365 9479**

or awareness@mhaps.org.nz or <https://awarenesscanterbury.com/>

MHAPS SERVICE UPDATES

PROGRAMMES AND GROUPS

MHAPS provides several programmes that have been developed to meet specific needs. Most of these programmes are scheduled *up to four times a year*. Details of each are available when you meet with us at **First Step**, or in contact with your current MHAPS worker. Some programmes have entry criteria and these will be discussed with you.

RecoveryWorks:

is an 11 week, once a week, multi-workshop and individual coaching programme for those who experience **moderate to high anxiety** and who are strongly motivated for change. The programme is scheduled once a quarter.

Thrive:

is a 8-week (16 hour) programme on Monday mornings that assists people who have successfully used other programmes and services to transition the change and gains back into their everyday lives and to know how to 'reset' if life again becomes challenging.



PeerZone:

is a series of two-hour workshops on Thursday mornings, each of which is very practical, helping you to learn, or perhaps relearn, useful life skills. An example of topics includes: - *Healthy Diet; Physical Exercise; Managing Conflict and Getting a Good Sleep*. The workshops begin with a 5 workshop foundation skills programme.

Youth Group: Mondays 5-7pm, for Young Adults

A friendly peer support and connection group running at MHAPS for young people aged 17+. This informal group is a chance to meet and connect with like-minded people who have their own experiences of stress and distress. You can talk openly and honestly about your mental health experiences in a safe and supportive environment, and enjoy some fun activities.

Young Adults Activities Programme:

Exploring our sense of self through Te whare tapa whā. A holistic model of wellbeing encompassing the pillars of our Taha wairua [spiritual] Taha Tinana [physical] Taha whanau [relational] and Taha hinengaro [mental] hauora. To add tools to your kete and enhance your wellbeing.

Weekend Activities Programmes:

Maranga: New for 2021 is a weekend activity/social programme. Running from 10am to 12.30 on Saturday and Sunday. We focus on different aspects of health, including physical and mental. Come along to hear speakers, do some crafts and learn more to enrich our strategies around our own wellbeing.

Latnam: Meets on Friday, Saturday & Sunday afternoons, 1 to 3.30 pm. Coffee, tea, games and conversation.

If you want to come to the group please contact reception.

Please note: we are guided by the current Covid-19 alert level. MHAPS has necessary infection control measures in place starting from reception and through into individual meetings, groups, and programmes.

<https://findahelpline.com/>

Struggling? Get free, confidential support from a real human over phone, text or webchat. The world's largest resource of helplines, at your fingertips.

Free emotional support, wherever you are

We've collated over 1,600 services across the world that offer immediate emotional support, and made them easily available to you.

We work directly with helplines to ensure our data remains accurate and reliable.



Restore Yoga

with Whakatai Mai and Karen

An Online Zoom Event

<https://www.wellbeingssessions.nz/upcoming-sessions>



Restore yoga practice is a journey of reconnecting to your body so you are present in the moment. The active relaxation of gentle yoga poses offers a rest for your mind and an opportunity for us to notice our bodies and what our bodies may need. The practice teaches techniques to ground, reconnect, and peel back any layers to restore you and enhance your wellbeing.

Who should attend this session/these sessions?

Yoga is for everyone, and in these sessions there are many modifications to poses to suit everyone and meet you where you are at. Yoga is also about listening to your body and resting if you need rest and seeking modifications to poses if they do not work for you to support creating a balance during practice.

What can I expect in this session?

Your practice will begin with breath work to come into your body and be present. You will then be lead through poses with Karen first demonstrating and offering modifications. Karen will then speak to ways of deepening your practice and draw on her own experience to offer insight to how your practice impacts your body, mind and spirit, and offer possibilities of how you can carry this into your life. The session closes with savasana (resting pose) and an offering of three oms to signify the sharing of connection.

What do I need to bring?

Yoga mat, block, towel and strap if you have them. Alternatively, a towel, cushion and something to be used as a strap eg: a tie or belt. Please wear comfortable clothes that are easy to move in.

How do I join?

To register, you need to click the Register button at the top of this page, or [click here to be taken to our registration page](#). Once you have registered, you will be sent the private meeting link, which is the only way to access the session.

NEED TO TALK?

1737

1737 now has the option to talk to someone with lived experience of wairangi/mental distress. It's your choice. You can choose a counsellor or a peer support worker when you phone 1737 between 2pm and 10pm.

free call or text
any time

For more info: www.1737.org.nz/peer-support/index.html

Zoom to Noon

A vehicle to better health and wellbeing



Zoom to Noon is a series of online alcohol and other drug lunchtime and afternoon discussion groups, held every weekday.

Recovery 24/7 - [Click to join meeting](#)

Mondays, 2.00pm - 3.00pm

For people wanting to reduce harm associated with alcohol and drug use. The aim of the group is to educate on behaviours, attitudes and beliefs related to addiction and develop strategies for improved health and wellbeing. **Supported by Nova Trust and Care NZ.**

On the Couch with Meth Help - [Click to join meeting](#)

Tuesdays, 1.30pm - 2.30pm

This group is for education and discussion on methamphetamine, its effects on the brain, triggers, cravings and relapse prevention. **Facilitated by the Meth Help Team.**

Relapse Prevention 101 - [Click to join meeting](#)

Wednesdays, 1.00pm - 2.00pm

Identify triggers, early warning signs and high-risk situations that lead to relapsing. Talk with clinicians and those with a lived experience of problematic alcohol and drug use to construct a relapse prevention plan. **Facilitated by Emerge Aotearoa, PACT, Pathways and Comcare.**

Family/Whānau Support - [Click to join meeting](#)

Thursdays, 12.00pm - 1.00pm

This group is open to family/whānau members who are impacted by the alcohol and other drug use of people they care about. It focuses on building resilience and coping strategies through information sharing, learning about services available and understanding the journey that family/whānau experience. **Facilitated by Family Drug Support Aotearoa New Zealand.**

Friday Group - [Click to join meeting](#)

Fridays, 12.00pm - 1.00pm

A peer-led discussion group where people support each other in developing strategies and sharing experiences on staying safe around alcohol and other drugs. **Facilitated by Friday Group.**

Anxiety is a Superpower!

<https://medium.com/swlh/anxiety-is-a-superpower-d2388d73b17a>

Anxiety made me who I am. It's made me empathetic to others because anxious people learn to quickly scan faces and body language, to read emotions.



You can't see it on my face, but I'm almost barking with panic in the photo at the top of this piece.

And not just because I was on a stage in front of hundreds of people who I was sure would soon walk out.

The other reason I'm terrified: anxiety. When I sketched out the talk months before, I thought: What better way to deal with my anxiety than to just create a whole speech about it?

What seemed like a good idea then now seemed incredibly stupid. This was 2016 and no one I'd ever seen had chosen to use their education conference keynote to do such a thing.

The insides of my cheeks were shredded from biting them to quell the panic.

It could be worse and it probably is, my brain said as it lapped the inside of my skull.

The poet, Rilke, wrote:

Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.

After some rigorous questions, I started to find answers I never expected.

Anxiety taught me to check in with my students to gauge their mood, allowing them to opt out of the lesson until they could recalibrate.

Ruminating over flaws and failures taught me to build a culture where it's OK to be human, where achievement isn't your only worth. Where your competencies with humor, thoughtfulness, conscientiousness, friendship, and consistency are valued.

My colleagues can see what I can't and I need their vision. In a very real sense, anxiety helped me get better at trusting other people's opinions, and to involve them in decision-making.

As a friend, I'm better when I let anxiety remind me what it feels like to believe that you're a fraud, that you don't belong, that everyone hates you behind your back.

Anxiety helps me to be a better co-worker because it causes me to be exacting and careful.

Anxiety helps me think through decisions much more carefully because I'm aware of how much I catastrophize.

Reflection reminds me that irritation is a mask anxiety likes to wear to see if anyone is brave enough to offer kindness. This is the hardest lesson by far, but it's saved my relationship.

See the full article at the address above



Hearing Voices Network Aotearoa NZ

The **Hearing Voices Network Aotearoa NZ – Te Reo Orooro** is an Independent Registered Charity made up of: Voice Hearers, Friends and Family, Caregivers, Mental Health Workers, Concerned Citizens

As an incorporated Society we have established rules and aims, and are run by our members voted in committee. Membership is available to anyone who would like to be part of our network. It is a small fee of \$20 for waged, and \$10 or services for the unwaged. Membership is not compulsory for anyone wishing to attend our events or support groups.

CHRISTCHURCH SUPPORT GROUP

To get next date, please email lpadge@outlook.com, or annescott63@gmail.com

IMPORTANT NUMBERS

Need to Talk? Free call or text 1737 anytime

Lifeline 366 6743 or 0800 543 354

Alcohol and Drug Helpline 0800 787 797

Parentline 381 1040

Crisis Resolution 0800 920 092, 364 0482 (or 364 0640 after hours)

24 Hour Surgery 365 7777

Healthline 0800 611 116

Youthline 0800 376 633

Other services available around Christchurch

- * MSD—Ministry of Social Development www.msd.govt.nz
- * Lifeline: Free confidential support 24/7. Call 0800 543 354 or text 4357
- * 1737 to talk. Text or phone for free confidential support 24/7
- * Kidsline: 0800 543 754
- * Warmline: 0800 899 276, warmline.org.nz—
- * Safe to talk: Sexual harm helpline: 0800 044 334
- * Womens Refuge: 0800 376 633
- * The Lowdown: Text 5626, www.thelowdown.co.nz— Support for young people experiencing depression or anxiety.
- * Home & Family Society Ph:03 944 0635 or Text: 021 101 1438

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>



**Anxiety
New Zealand**
TRUST

24-Hour Hotline

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; Christchurch Casino; Christchurch City Council;

Mainland Foundation; Christine Taylor Foundation;

Frozen Funds Charitable Trust;

Lottery Grants Board; Lion Foundation; Southern Trust

IF UNDELIVERED PLEASE RETURN TO: -

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