



Kia Whiti Tonu - Wellbeing workshop

Take home kete

Remember

- *Greatest skill is to breathe*
- *Know your pūmanawa*
- *Write it, Say it*
- *Gratitude*
- *Value You & Value Others*
- *YouTube Channel, Spotify*

Here are some helpful resources if you would like to find out more information on wellbeing

- NZ Mental Health Foundation - www.mentalhealth.org.nz
Always a great source for resources, tips, printable and online downloads
- Che's Te Paepae Waho Channel <https://www.cheschannel.maori.nz/>
Holistic Wellbeing and perspective from a Tupuna Wisdom Perspective and Knowledge base
- Woo Wellbeing <https://www.youtube.com/channel/UCCQDZI5cPKhLqk-meSh3LrA>
Has a number of vlogs with varied themes. Woo Wellbeing also offer community events provided at no cost.

If you feel you need some further support please contact 'Need to talk? 1737' – this is a telephone helpline designed to meet the needs of anyone who 'wants to talk' to a counsellor. [1737](https://www.1737.org.nz/) is not tied to a specific mental health issue or condition.