

INTRODUCING OUR TRANSFORMATIVE E-LEARNING BOOK

"NAVIGATING MENTAL HEALTH AND ANXIETY IN THE WORKPLACE"

Step into a world of proven techniques that can support Mental Wellness and Anxiety, with our e-learning gem: "Connect & Care: Navigating Mental Health and Anxiety in the Workplace." Have you ever felt lost when trying to reach out to team members dealing with mental health or anxiety? Don't worry, we've got your back! Our book is here to guide you through those conversations, showing you the ropes and helping you ask the right questions. In a world where stress can spiral, our book helps you prevent crises and panic attacks.

It's not just for HR superheroes; it's a culture thing. Let's start a positive ripple effect from the top, so everyone feels wanted.

Join us in making Mental Health First Aid part of our shared culture. Together, we've got this!

5 Strategies for navigating mental health and anxiety

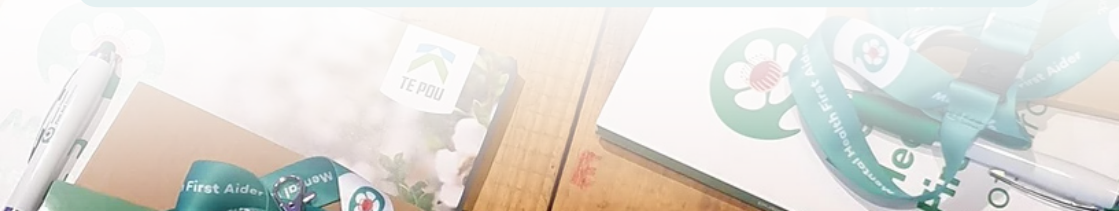
What is Anxiety

Tips on managing anxiety

Signs or symptoms of anxiety

What causes anxiety

Urgent Support



WHAT IS ANXIETY?

Anxiety is usually a natural response to pressure, feeling afraid or threatened, which can show up in how we feel physically, mentally, and in how we behave.

It's common to describe anxiety as a feeling of dread, fear or unease, which can range from mild to severe.

Anxiety can become a problem if we start worrying a lot about small stuff or relatively harmless situations.

It's usually when our anxiety feels really intense or overwhelming that it starts to interfere with our daily life or affect our relationships.

TIPS ON MANAGING ANXIETY










Try building these self-care tips into your daily routine, as doing them regularly can make a big difference.

- 1 SHIFT YOUR FOCUS**
Some people find mindfulness and meditation (including breathing exercises and relaxation) help to calm anxiety and reduce tension by focussing awareness on the present moment.
- 2 UNDERSTAND YOUR ANXIETY**
Keeping a diary of what you are doing and how you feel at different times may help you understand why you're anxious and identify ways to manage or get rid of anxiety.
- 3 FACE YOUR FEARS GRADUALLY**
Avoiding situations or relying on habits we think will keep us safe might actually make our anxiety worse. Slowly facing up to a situation might help, and eventually it will feel okay.
- 4 TRY SELF-HELP TECHNIQUES**
Cognitive Behavioural Therapy (CBT) can help you deal with worries, anxiety and unhelpful thoughts by working through problems in new ways and helping you build resilience.
- 5 MAKE TIME FOR WORRIES**
If anxiety or worry is taking over your day, try setting a daily 'worry time' to go through your concerns. Doing this at a set time every day can help you to focus on other things.
- 6 LOOK AT THE BIGGER PICTURE**
If we're feeling anxious about something we might get stuck on the details and stop seeing things clearly. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan for tackling it. What advice would you give to a friend?

SIGNS OR SYMPTOMS OF ANXIETY

Anxiety can affect our mind, body and behaviour, for instance we might feel tearful, get stress headaches, or start avoiding things or people that trigger anxiety.

Common symptoms of anxiety include:

-  feeling tired, restless or irritable
-  feeling shaky or trembly, dizzy or sweating more
-  being unable to concentrate or make decisions
-  trouble sleeping
-  worrying about the past or future, or thinking something bad will happen
-  headaches, tummy aches or muscle pain
-  dry mouth
-  pins and needles
-  noticing your heartbeat gets stronger, faster or irregular, or you get short of breath when you start feeling anxious

If you cannot tell if shortness of breath is from anxiety or if you are worried about any other symptoms, see a GP or call for an ambulance.

WHAT CAUSES ANXIETY?

Anxiety is caused by many different situations and life experiences.

How anxiety affects us is very personal to us, and if you asked 100 people what it means to them, you'd probably get 100 different answers.

Sometimes there are no obvious triggers for it and it's difficult to know what causes anxiety, which can be upsetting or stressful in itself.

Everyone's anxiety levels are different. Some people find more situations stressful and experience more challenges in life than others, and they get more anxious as a result.

However, possible causes of anxiety include:

- ♡ our upbringing
- ♡ our environment – Aotearoa has been highly effected recently
- ♡ things that happen to us
- ♡ our temperament









FREE SUPPORT

If you or someone you know needs support, there is help available.

In case of an emergency, call 111.

Free helplines

-  **Need to talk?** – Call or text 1737 any time for support from a trained counsellor
-  **The Depression Helpline** – Call 0800 111 757 or text 4202 to talk to a trained counsellor about how you are feeling or to ask any questions
-  **Youthline** – Call 0800 376 633, text 234, email talk@youthline.co.nz, or go to youthline.co.nz for an online chat
-  **The Lowdown** – Text 5626 for support to help young people recognise and understand depression or anxiety
-  **Healthline** – Call 0800 611 116 for health advice and information
-  **Alcohol Drug Helpline** – Call 0800 787 797 to speak with a trained counsellor

Free wellbeing apps

You can download the **Groov** and **Headstrong** wellbeing apps for free for Android and Apple phones. You can find them in your Google Play or Apple App Store.

Rural Support Trusts

A local Rural Support Trust (RST) is a great place to access free and confidential support and advice. This nationwide network, run by local people, helps farming families and rural communities. RSTs have facilitators trained to recognise issues with mental health and wellbeing. They can also put you in touch with services including health information or financial support. You can give them a call to talk through your options.

Call 0800 787 254 (0800 RURAL HELP) to arrange a free and confidential chat at a place that suits you, or visit rural-support.org.nz.

Farmstrong

Farmstrong is a nationwide wellbeing programme for the rural community. Their aim is to help you live well, to farm well. You can find a range of resources to help you manage your wellbeing on their website. Visit farmstrong.co.nz.

Hi, I'm Vikki.

If this has struck a chord with you and you want support with your team, send me an email and tell me what's going on for you and I'll give you some pointers - I reply to every email.



I help team managers, HR employees and wellbeing advocates to learn the tools they need, so they can confidently support staff who are struggling with mental health issues

In today's professional landscape, many individuals are contending with mental health issues. Oftentimes, managers find themselves lacking the confidence to offer adequate support, leaving employees feeling isolated and alone.

I organize Mental Health workshops all across New Zealand. These workshops are designed to furnish you with the tools, confidence, and resources required to confidently support your team members.

Let's work together to create a workplace where everyone feels supported.

Enjoy the rest of your day,

Vikki Paeraliki

PS. Here's three ways I can help you to proactively raise awareness around Mental Wellness:

1. If we haven't already, let's connect on [LinkedIn](#). This is where I hang out mostly, sharing heaps of resources, knowledge and info on the free workshops I run.

[CLICK TO CONNECT ON LINKEDIN](#)

2. Join my [Mental Health First Aid Workshop](#) - ideal for Health and Safety, Human Resources, Fire Wardens and anyone that wants to be a wellbeing colleagues.

[CLICK TO JOIN MHFA WORKSHOP](#)

3. If you have multiple businesses and want to organise a wellness session or 1:1 wellness coaching through [OneLessThing](#) Programme please contact me.

WWW.1LESSTHING.CO.NZ