

World Mental Health Week

The Mental Health Foundation is celebrating this year's Mental Health Awareness week (9-15 Oct) with the theme "Nature is Key".

Why Nature?

Because it's great for everyone! Kiwis from all walks of life are being encouraged to stop thinking of nature as something locked away in national parks. Spending time with nature:

- Makes us feel happier and optimistic
- Restores us when we're feeling run-down
- Reduces stress
- Improves life satisfaction
- And much more!



Join us on Facebook

www.facebook.com/HuttValleyDHB



Five Ways to Wellbeing

1. **Connect:** with the people around you, such as your whānau/ family, friends, colleagues and neighbours.
2. **Give:** do something nice for a friend, or a stranger. Join a community group.
3. **Take notice:** taking notice is about being aware of the present moment rather than ruminating on the past or worrying about the future.
4. **Keep Learning:** Try something new or rediscover an old interest. Learn to play an instrument or how to cook your favourite food.
5. **Be Active:** Exercising makes you feel good. Discover a physical activity you enjoy and one that suits your level of mobility and fitness.

- Mental Health Foundation
www.mentalhealth.org.nz

Do you want more information on how to look after your mental wellbeing?

Check out our new Mental Health Addictions & Intellectual Disability Service website. There are heaps of helpful resources available to help you.

www.MHAIDS.health.nz



Some fun Hutt activities in October

Why not get out and about with your whānau this month?

- * **Ara Mai! Te Whiti Riser Night-Walk** Te Whiti Park, Whites Line East, Waiwhetu, Lower Hutt, Saturday 7 October 2017 6:30pm – 9:00pm
- * **Swim-In Movie: Inside Out** Naenae Swimming Pool, 2 Everest Ave, Naenae, Lower Hutt, Sunday 8 October 2017 6:00pm – 9:00pm
- * **YOUth Glow Up:** Walter Nash Centre, 22 Taine Street, Taita, Lower Hutt. Monday 9 October 2017 6:00pm – 9:00pm
- * **Greased Lightning: Shut Up and Dance:** Indian Cultural Hall, Cnr Udy St and Nelson St, Petone, Lower Hutt. Monday 9 October 2017 7:45pm – 8:30pm
- * **Glowga - Glow in the Dark Yoga.** Sacred Heart College, 65 Laings Road, Lower Hutt. Wednesday 11 October 2017 7:00pm – 8:45pm.

Hutt Valley DHB
 Public board meetings

Health Valley District Health Board meetings are open to the public. Visit our website for more information on dates and location.
www.huttvalleydhb.org.nz