

## UNITED IN RECOVERY *He waka eke noa*



### Your feedback is important.

Post-COVID-19, the Integrated Recovery Team has created a survey for the communities of Whanganui, Rangitikei and South Ruapehu, which asks what worked well during the response, what could have been done better and what the lockdown experience was like for people.

Recovery manager Leighton Toy says, "We are guided as a recovery team about what the community needs and what we need to do collectively to get there. The feedback we get will help us plan for social, economic, health, wellness, environmental and cultural recovery," says Mr Toy.

The link can be found at <https://www.wdwb.org.nz/responsesurvey>  
All information collected is anonymous and will only be used for reporting and demographic information, or for following up if required.

The survey closes on Friday 12 June.

The Integrated Recovery Team is a collaborative group made up of Whanganui District Health Board, Whanganui District Council, Rangitikei District Council, Ruapehu District Council, Whanganui Regional Health Network, Te Ranga Tupua and supporting agencies.

## Problem solving



### A step-by-step process

- Sometimes problems can stop you completing your action plans and achieving your goal.
- It can be hard to deal with problems on your own.

Here is a step-by-step problem solving process you can go through with a friend or family member. This will give you some ideas about how to solve the problems that are holding you back.



Step	Description	Reflection Questions												
1	<b>Identify and define the problem</b> I know I need to stop smoking but I'm not sure if I can do it.	What is the problem? How would you explain it?												
2	<b>List ideas and possible solutions</b> 1. Call Quitline 2. Go to a Quitline meeting 3. Call friends and whanau when I want a smoke	How could you fix the problem? (whānau or friends could help you with this).												
3	<b>Rate each idea</b>	What are the good things about each idea? What are the things that could stop you putting your idea into action?												
	<table border="1"> <thead> <tr> <th>Idea</th> <th>Pros/For</th> <th>Cons/Against</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Best advice.</td> <td>I might be nervous about talking to new people.</td> </tr> <tr> <td>2</td> <td>Knowing I have support and being able to relate to others will be comforting and help me to believe in myself.</td> <td>I could get overwhelmed and have trouble speaking in front of the group.</td> </tr> <tr> <td>3</td> <td>I can tailor the action plan to suit myself. Friends and whanau can help me if I need it.</td> <td>Maybe I should make my action plan with help from Quitline instead. They know more than I do about stopping smoking.</td> </tr> </tbody> </table>	Idea	Pros/For	Cons/Against	1	Best advice.	I might be nervous about talking to new people.	2	Knowing I have support and being able to relate to others will be comforting and help me to believe in myself.	I could get overwhelmed and have trouble speaking in front of the group.	3	I can tailor the action plan to suit myself. Friends and whanau can help me if I need it.	Maybe I should make my action plan with help from Quitline instead. They know more than I do about stopping smoking.	What is the best idea? (whānau or friends could help you with this).
Idea	Pros/For	Cons/Against												
1	Best advice.	I might be nervous about talking to new people.												
2	Knowing I have support and being able to relate to others will be comforting and help me to believe in myself.	I could get overwhelmed and have trouble speaking in front of the group.												
3	I can tailor the action plan to suit myself. Friends and whanau can help me if I need it.	Maybe I should make my action plan with help from Quitline instead. They know more than I do about stopping smoking.												
4	<b>Choose one idea</b> Call Quitline	What do you need to do to fix the problem?												
5	<b>Put into action</b> Call my sister and mother and ask if they can support me next Saturday when I call Quitline.	Did your idea work? What went well? What didn't? How could you learn from this? What can you try next?												
6	<b>Review</b> Phone call went well. Quitline staff offered me lots of handy tools and arranged a one on one meeting with my doctor to help me quit smoking.													

## WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!

**TAKE NOTICE – ME ARO TONU**

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.

**GIVE – ĀWHINA**

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!

**GET MOVING – KIA KORI**

Regular movement and exercise helps release tension and stress and gives you an energy boost!

**CONNECT – TŪHONO**

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.

**STAY CURIOUS – ME WHAI WHAKAARO**

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.

**RELAX – MAURI TAU**

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

**STICK TO A ROUTINE – WHAI MAHERE**

It will help you get through each day and adjust to regular life when it goes back to normal.

## GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation

## DO YOU HAVE AN EMERGENCY HEALTH PLAN?

**My early warning signs plan - what I need to do**  
*Also known as an acute plan or emergency plan*

**FEELING GREAT**

How do I know?  
What can I do when I'm feeling great?

**STARTING TO FEEL UNWELL**

How do I know?  
What can I do to feel better?

**GETTING WORSE**

How do I know?  
What can I do?

**EMERGENCY**

How do I know it's an emergency?  
What should I do?

*Write your plan and keep it close by, so you can refer to it whenever you need to.*