



Resilience and self-care key to getting through



Here we go again! Dealing once more with the ups and downs - and uncertainty - of another Covid-19 community outbreak. We all manage difficult situations differently. Let's look at some proven practical strategies we can deploy to help us get through at this challenging time.

Dr Lucy Hone and Dr Denise Quinlan are the Directors of the New Zealand Institute of Wellbeing and Resilience.

[They have put together 12 strategies based on the best science and their own experiences.](#) Here are the first three strategies:

1. **Choose where you focus your attention.** Tune into what's still good in the world! Think about and share good stuff!
2. **Deliberately seek out the people (and do the stuff) that make you happy.** Positive emotions are vital for building resilience.
3. **Maintain strong and supportive relationships.** Quality connections are the number one predictor of wellbeing.

[You might also like to watch Dr Lucy Hone's TED Talk](#) on the Three Secrets of Resilient People.



Winning Ways to Wellbeing

Research shows there are **five simple things** you can do as part of your daily life to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These simple actions are known internationally as the Five Ways to Wellbeing: **Connect, Be Active, Keep Learning, Give, and Take Notice.**

[Get ideas on how to build the 5 ways into your daily schedule.](#)

Restorative practices vital

Activity providers and exercise professionals are not immune to feelings of depression, anxiety, stress and low mood. In the current COVID-19 environment, restorative practices and strategies have never been more important.

[ACE-certified personal trainer and yoga instructor Nancy Korf has put together the combined wisdom of 40+ instructors](#) who share their personal tips for managing low patches through self-care and energising relationships.



Sit Less September...



With many of us are spending a lot of time at home, chair time has become a big part of our daily routines. Whether it's time spent working, doing school work, eating, relaxing or watching TV, many of these activities involve SITTING.

We know from research that sitting is an important part of the wider problem of physical inactivity – and that prolonged sitting is not good for our health. We also know that we're sitting down more than we ever – roughly 9.3 hours a day on average!

To help remind Cantabrians to take regular breaks from sitting, we will be promoting a number of key messages throughout September on the:

- [Active Canterbury website](#); and
- [Active Canterbury Facebook page](#).

We would love your help to spread the word! **Follow us on Facebook** for tips on how to successfully break up with your chair and **share these messages** with your friends, work colleagues and whanau!



The Exercise Association of New Zealand has a range of online resources available to help facilities and exercise providers cope with the challenges associated with COVID-19.

[Jump online to view tools and resources, and to connect.](#)



[Education, Training and Development](#)

The Active Canterbury website is a great place to go to find out about upcoming education and training opportunities. Click on the link above to view resources and see what's coming up over the next few months.

IMPORTANT: Due to the current COVID-19 situation, we cannot guarantee that the courses listed below and on the Active Canterbury website will go ahead as scheduled. Please check with the course organiser for the latest updates.

[Ronnie Gardiner Method - Introductory Course](#)

Dates: 11th and 12th September 2021.

Time: 8am to 5pm both days.

Location: Age Concern.

Cost: \$255 for the employed (OT, Physio, DT, etc), \$185 for the self-employed, retirees, students, volunteers or others.

The Ronnie Gardiner Method (RGM) is a powerful multi-sensory exercise method for the brain. It combines rhythm, movement and speech to help improve concentration, coordination, balance and memory.

[Tai Chi for Life Instructor Training Workshop](#)

Date: Sunday 26th September 2021.

Time: 9am to 5pm.

Location: St Martins Community Centre.

Cost: \$153 if REPs registered, \$180 non REPs.

Tai Chi for Life is based on Sun and Yang style tai chi, and is easy to learn, effective and safe. Especially suitable for seniors and beginners.

[Online courses from My Group Move](#)

My Group Move's (MGM) online courses provide education so any instructor can be better at teaching group fitness classes. You will have lifetime access to the course after you pay, so you can study anywhere at any time. The following courses are available:

- Move to the beat;
- Communication & Connection;
- Choreography and flow; and
- The art of the start – with more to come!

Be part of our tribe!

Would you like to leverage off the Active Canterbury brand to promote your classes, groups and activities? Now you can by purchasing an Active Canterbury **t-shirt for just \$15.00.**

These vibrant green shirts are a great option for volunteers or leaders as they really stand out. There are a range of different sizes available.

To find out more or place an order please contact Active Canterbury Workshop and Training Coordinator, Kris Tynan (021 262 8886 or kris.tynan@xtra.co.nz).



Active Canterbury t-shirts being beautifully modelled here by Paulette and Karen



The impact of the 2020 lockdown on activity levels

When the NZ government announced restrictions to prevent the spread of COVID-19 in March 2020, it also issued a public mandate on the importance of physical activity.

Associate Professor Elaine Hargreaves from Otago's School of Physical Education, Sport and Exercise Sciences, soon noticed people changing their physical activity behaviour locally and decided to take a closer look.

[The preliminary results of Professor Hargreaves' research](#) show that 38.5% of those surveyed did more physical activity than prior to lockdown, with 25.5% doing about the same, and 36% doing less. Interestingly, **it was the people who were moderately active or not very active before lockdown** [either just meeting or not meeting recommended guidelines] **who became more active** over the lockdown period!



Free Online Wellbeing Tools

[The Small Steps website](#) is a new online platform where you can go to find digital wellbeing tools. The platform was developed by Te Hiringa Hauora/ Health Promotion Agency in partnership with Clearhead and can be viewed in English and Te Reo.

The site is a great place to go to find resources to help maintain wellness, or get help for yourself, friends or whānau. On the site you'll find information about **managing stress, calming your mind** and **lifting your mood**.

As part of the Government's response to COVID-19, the Ministry of Health has funded a range of other apps and online self-help tools to support New Zealanders to look after their mental health and wellbeing.

[Find other free online tools to help support you and your whānau.](#)



[Mental Health Awareness Week](#) (MHAW) is coming up: **27th September to 3rd October!**

The theme for 2021 is take time to kōrero/ mā te kōrero, ka ora – a little chat can go a long way. It's all about connecting with the people in our lives and creating space for conversations about mental health and wellbeing. Given the current COVID situation, **staying connected has never been more important.**

Check out the following links!

[Helpful tips on how to connect with others from Health Navigator NZ.](#)

[Simple tips and ideas on ways to connect with others from All Right?](#)

[Easy ways to connect with people who make you feel valued from the Mental Health Foundation NZ.](#)

Who could you connect with today?



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We welcome your feedback and comments.