

Kia ora,

Kia ora koutou, welcome to
Stay Connected & Stay Well

As we move forward in term two and beyond, we continue to study and work in a changing world.

As a way of staying in touch during this challenging time, we will be providing regular updates in the form of tips, strategies and links, with a health and wellbeing focus.

Te Whare Tapa Whā takes a holistic approach to health and wellbeing. The model recognises the importance of the balance of multiple dimension of wellbeing. These dimensions weave together and contribute to the balance and strength of the whole.



Whānau is about family and social wellbeing. It's about who makes you feel like you belong, who you care about and associate with. It's about creating healthy relationships, not just with your immediate family but your friends, partners, colleagues,

community and others you care about. When we have strong connections with those we care about it gives us a sense of purpose and plays a key role in our wellbeing as a core source of strength.

Alert Levels 4 and 3 may have altered the way we stayed connected with others. In **Alert Level 2** there is more freedom to move around and reconnect with whānau and friends. We can resume many of our everyday activities – remember to do it safely. For some of us the idea of leaving lockdown may be a bit scary. It's all right to feel a mixture of emotions about this change, from perhaps feeling apprehensive to feeling excited and relieved. You may need to take it slowly and doing things with your whānau that you enjoy could be a great place to start. Some ideas are:

- Reconnect with someone you haven't seen or talked to in a while. It could be kanohi ki kanohi (face to face), or even through text or Facebook.
- Have a whānau fun day – each whānau member can choose one thing they would like to do with everyone else – it could be a walk, watching a movie, sharing kai you have grown or caught and preparing a nutritious meal.
- Offering time to help a friend or whānau member in need for example looking after their tamariki while they go out.

COVID19 is changing our everyday lives. We may be struggling financially, finding it difficult to meet the basic needs of our Whānau and ourselves. Perhaps with less income wondering how we are going to keep our houses warm, clothe our tamariki and put food on the table. The stress and anxiety this causes can have a trickledown effect on our relationships. It's all right for us to reach out for help and support. Visit the following website; it has tips and links for a wide variety of social help initiatives.



Whanau Winter Wellbeing

Winter is fast approaching and the weather is getting colder. At this the time of year we hope our immune system is strong enough to fight off, not just COVID19, but other bugs that may be around the work, study and home environment.

We have all seen the importance of hand and cough hygiene and social distancing as a way of keeping well. It would also be a good idea to have the influenza vaccine. NorthTec is offering Flu Vaccines to students this year. For more information, visit the [website](#) or www.fightflu.co.nz

Check out these tips for helping your wellbeing over winter

- Eating Nutritious food – As the days get colder so do our bodies. Vegetables and

fruits boost the immune system. Soups are filling, cost effective and helps us warm. Increasing Vitamin C is recommended for cold treatment and prevention. Try the recipe for Spice Lemon Honey Tea below.

Lemon Spiced Honey Tea

- ½ tsp honey
- Zest and juice of ½ Lemon
- 1cm ginger, thinly sliced
- 1 cup of boiling water
- 1-2 slices of lemon
- 1 pinch of chilli flakes (optional and to your taste).



1. Add honey, lemon zest and juice, ginger and /chilli (if using) to a small teapot or jug.
 2. Stir in boiling water until honey has dissolved, then allow tea to steep for about 5 minutes, until the ginger becomes aromatic.
 3. Pour tea into a mug, straining if desired, add a slice of lemon and enjoy.
- Be sure to get enough sleep, rest and recreation, work/life balance. Increased stress and anxiety and decreased sleep, affect our mental and physical wellbeing and can decrease our immunity – ability to fight off and/or recover from illness. Exercise Daily – a 30 minute walk outside gives you some fresh air, natural light and helps your body stay strong.
 - Get Fresh air into the where, open windows during the day, even for a short time. Close them before the sun goes down or before turning on the heating. A well-aired where helps keep it dry and keeps your family well.
 - Reduce Dampness – keep the bathroom door closed when showering or bathing to lessen dampness settling around the house. Dampness allows mould and mildew to grow and can lead to respiratory illness. Consider a dehumidifier in your home as it can help to keep your home dry, especially if there is a lot of moisture or dampness. Check out the Healthy Homes:



- Contact Health Line for after-hour for advice if you are feeling unwell. [0800 358 5453](tel:08003585453)
- Even though we have less daylight hours and the cold weather can put us off going out, remember to stay connected to your whānau and friends. You could invite them over for a potluck mid-winter Christmas Dinner.

Are you struggling? Do you need assistance with your health and wellbeing?

Jann (our health centre nurse) is available to support you.

You contact her on:

P: 027 246 0269

E: health@northtec.ac.nz

OR book an appointment via the student portal.

Other NorthTec support services:

Student Navigators

E: navigator@northtec.ac.nz

Academic Learning Advisor

E: ihutchinson@northtec.ac.nz

Student Voice

E: slemon-connew@northtec.ac.nz

Vitae Counselling
Visit on the Student Portal [here](#)

Chaplain – Carl Worthington
E: cworthington@northtec.ac.nz
P: 0279043354

International Pastoral Care – Adrian Whale
E: awhale@northtec.ac.nz
M: (027) 7048502

Nationally the 'Need to Talk' service is being promoted as part of the response to Covid-19 and details are available [here](#)



STAY CONNECTED

