

A photograph of three people standing on a grassy hill, looking out over a valley at sunset. The sun is low on the horizon, creating a warm, golden glow and long shadows. The people are seen from behind, wearing jackets and backpacks. The landscape features rolling hills and a small body of water in the distance.

IT'S TIME TO

#feelgoodtourism

Get ready
to go well!

**4 weeks of
wellbeing**

to get ready
for summer

The theme for Mental Health Awareness Week this year is:

'Reconnecting with the people and the places that you love'



Photo credit: River Valley

CONNECT WITH YOURSELF



Photo credit: River Valley



Focus your attention on where you can make the most meaningful impact: you! Feeling tense? Try these 1-minute activities:

- 1 Deep breathing** (eyes closed)
- 2 Stretch it out** – stand up and stretch those muscles!
- 3 Lie down** – mindfully relax each part of your body



Try the Groov App
Receive mindfulness reminders and easy exercises to help keep you grounded.

groov



Join the TIA Coffee Catch-up Check in with your peers, share how you're getting on.

9 SEPTEMBER, 10AM
discussing.org.nz

#feelgoodtourism

CONNECT WITH YOUR PEOPLE

(INCLUDING THE FURRY ONES!)



Spend time with your **loved ones** and share your experiences using

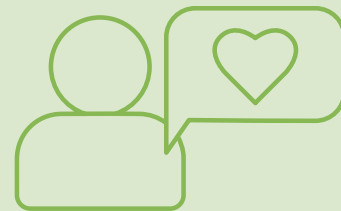
#feelgoodtourism



Photo credit: MDA Experiences



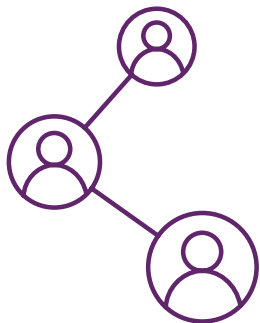
Join a TIA webinar on Workplace Wellbeing. We'll speak to tourism professionals about the wellbeing practices that work in their businesses and how they keep their people connected



Nominate colleagues that are 'doing it right' and celebrate them on your social channels using

#feelgoodtourism

CONNECT WITH YOUR PLACES



Connect with your tourism whānau – reach out to your tourism neighbours, share your place, and make some new connections

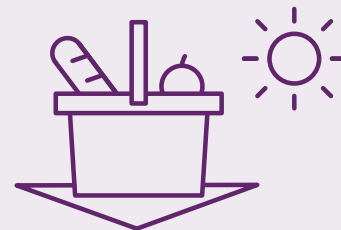


Photo credit: General Travel



Share your favourite places via social media using

#feelgoodtourism



Did someone say lunch? Bolster your connections and share some kai in a special place

Try this **Workplace Kōrero Card Set** from the Mental Health Foundation

WEEK 4

Starting 26 September

MENTAL HEALTH AWARENESS WEEK

Reconnect with the
people and places that
lift you up...



Photo credit: Kohutapu Lodge & Tribal Tours Ltd

...and actively share resources from
Mental Health Foundation website:



FREE TRAINING



DAILY ACTIVITIES



KEEP LEARNING

mentalhealth.org.nz

#MHAWNZ