

## COMMUNITY WELLBEING PROJECT

NEWSLETTER JULY 2023

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## HAPPIER LIVING

# 10 KEYS TO HAPPINESS

### Key points about happier living

- Everybody wants more happiness in their lives but sometimes it can feel hard to achieve.
- Happiness is different for different people – what makes one person happy can be another person's misery.
- The good news is that research shows there are things you can do to help you live a happier life.



1

## DO THINGS FOR OTHERS

Helping others is not only good for those you help, but it also makes you feel good. Whether it's a big act or something small, helping others or volunteering boosts happiness and connects you to people. Give it a go!



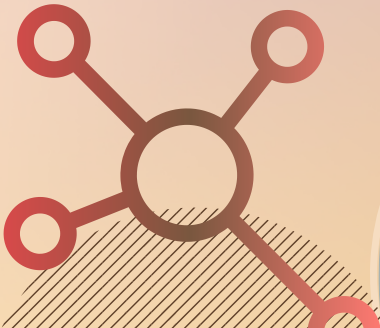
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## CONNECT WITH PEOPLE

Talking, listening and spending time with other people helps you feel connected. Whether it's spending quality time with family members, friends, workmates, sports groups or local clubs, building a network of positive and meaningful relationships with others supports your wellbeing and happiness. Studies find close relationships, more than money or fame, are what keep people happy.



2



# 3

## TAKE CARE OF YOUR BODY

Being active, eating well and participating in regular exercise is good for your physical and mental health. It improves your mood, boosts your energy and improves your sleep, which all help you feel happier.



# 4

## LIVE LIFE MINDFULLY

Learning to be more mindful and aware of the present moment can help improve your sense of wellbeing. In our fast-paced lives, taking some time to slow down and be in the now and not worry about the past or future is beneficial. Meditation can help, it's calming and helps you focus your mind. Studies have shown regular meditation can actually rewire parts of the brain so you don't feel as much stress and anxiety.



# 5

## KEEP LEARNING NEW THINGS

Learning new things helps you stay curious and engaged. You could learn a new language, take up a new sport or hobby or try something else you've never done before. It's also a good way to meet new people and become involved in your community.



# 6

## HAVE GOALS TO LOOK FORWARD TO

Having a goal gives you direction and something to look forward to. Make sure your goal is not only challenging, but also achievable. If your goal isn't achievable it will only lead to disappointment, so make sure it's realistic. Achieving your goal will bring a sense of confidence, accomplishment and satisfaction. Learn more about goal setting.



7

## FIND WAYS TO BOUNCE BACK

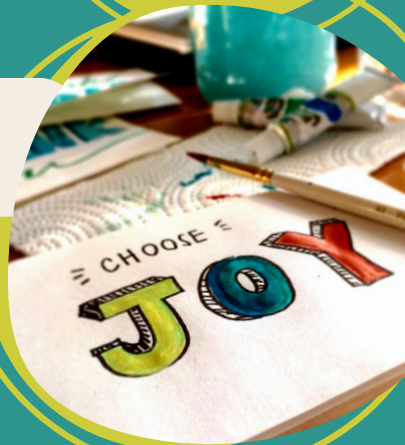
Life can be challenging sometimes, and stress, trauma and loss are a part of life. Being resilient or finding a way to bounce back has an impact on your wellbeing. The good news is that resilience can be learned, enabling you to find healthy ways to cope with life's challenges.



8

## LOOK FOR WHAT'S GOOD

Focusing on positive emotions and having a glass half-full (rather than empty) attitude helps you feel good in both the short term and long term. Research also shows that positive emotions broaden your perceptions (helping you to see more in life), respond more flexibly and in new ways, and be more creative.



Being thankful for the good things in your life has been shown to improve happiness. A good way to practise gratitude is to keep a gratitude journal, which helps you focus on positive things. This involves, regularly writing down several things you're grateful for. It can be people in your life or things that have happened - big or small, that you're grateful for. It can also be for things that are often taken for granted, such as a roof over your head or food on the table.

5





# 9

## BE COMFORTABLE WITH WHO YOU ARE

Criticising yourself all the time makes you feel unhappy. Accepting yourself for who you are – both the good and not so good – and being kind to yourself increases your enjoyment of life. It also helps you accept other people for who they are.



# 10

## BE PART OF SOMETHING BIGGER

Research also shows having a connection to something bigger than yourself, such as religion or spirituality, makes you happy and healthier.

(Courtesy: <https://healthify.nz/hauora-wellbeing/h/happier-living-10-keys-to-happier-living/>)

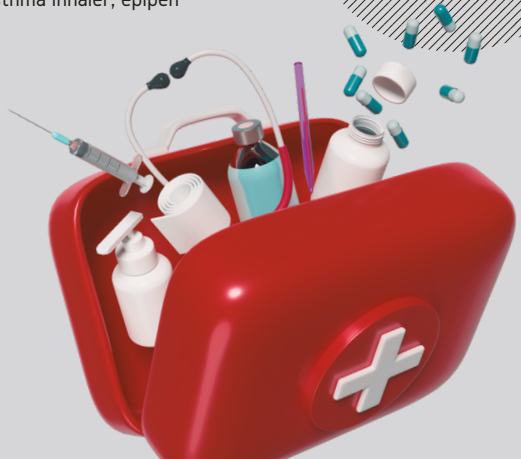


## WHAT SHOULD YOU INCLUDE IN YOUR FIRST AID KIT

A well-stocked first aid kit also goes a long way to help in minor and major emergencies. You should have keep one in your home and car. If you are going on a trip (eg, a hike, to the beach or on a boat) take a first aid kit with you. You can make up your own, or buy one from St John,

### USEFUL ITEMS TO HAVE IN YOUR FIRST AID KIT INCLUDE:

- Plasters
- Sterile dressings
- Pain reliever medication such as paracetamol or ibuprofen (types that are appropriate for children as well as adults)
- Personal medications (not needing to be refrigerated) as required, eg, asthma inhaler, epipen
- Antihistamines
- Scissors
- Tweezers
- Tape
- Safety pins
- Antiseptic wipes or cream
- Crepe bandages
- Disposable gloves
- Face mask
- Saline solution
- A thermal blanket.



## FOSTER CARE AS A CAREER & FOSTERING ALLOWANCE:

Fostering is a way of providing a stable family life for children and young people, who are unable to live with their parents at a point in time.

There are many children in need.

Everybody is entitled to make a living from their work and providing foster care is no different if they are well trained and fulfil all the requirements of NZ government to foster care. Once thought of as a voluntary occupation, providing foster care is now considered to be a professional career and it is generally accepted that fostering is a full-time occupation.

Fostering allowance is there to provide you with just that. You can be paid up a competitive amount per week per child, however, this depends on the children's needs (e.g parent and child or children with complex needs).

(Please see

<https://www.orangatamariki.govt.nz/caregiving/financial-help/caregiver-allowance/>)





# Foster Care Awareness WORKSHOP

JUL  
**22**

**AVONDALE ISLAMIC CENTERS**  
Tait Street, Blockhouse Bay,  
Auckland

This workshop was FIANZ Community Wellbeing Project's first collaborative effort with "Key Assests", that is a not-for-profit non-governmental organisation providing specialised foster care services across Aotearoa New Zealand for mokopuna/children, their whānau, and mātua whāngai/foster carers.

FIANZ is hoping to create a resource of Muslim foster carers through our collaboration with Key Assests and the workshop was to create awareness so our community could come forward to become foster carers as there is a great need for that.

FIANZ Community Wellbeing Project is thankful to Key Assets, NZMA and all the community support we received in organizing the workshop.  
JAZAK ALLAH KHAIIRAN.

