

# WINTER WELLBEING FOR NOT-FOR-PROFITS



Delivered by the Capable Sector Project: a collaboration between Volunteer Kāpiti and Kāpiti Impact Trust, supported by the Kāpiti Coast District Council.

## Here are some resources to incorporate into your community workplace.

Matariki provides a time for us to reflect, take stock and focus on our wellbeing:

<https://www.matariki.com/resources>

The Centre for Social Impact offers a free series of six 1-minute challenges called 'Hā Moments' that encourage you to take micropauses throughout the day:

[https://www.centreforsocialimpact.org.nz/knowledge-base/te-puaha-talks-ngahere-nurturing-our-connectivity?returnUrl=%2Fknowledge-base&fbclid=IwAR1eNmcFVAVr2oBPIdf\\_lvCdjrA8t30FTVgJL3kWvn0oBSCU6zegS8O-DBE](https://www.centreforsocialimpact.org.nz/knowledge-base/te-puaha-talks-ngahere-nurturing-our-connectivity?returnUrl=%2Fknowledge-base&fbclid=IwAR1eNmcFVAVr2oBPIdf_lvCdjrA8t30FTVgJL3kWvn0oBSCU6zegS8O-DBE)

Follow these simple instructions to enjoy 5 Mindful Minutes at your desk:

<https://www.psychologytoday.com/nz/blog/design-your-path/201106/work-day-stress-relief-5-senses-in-5-mindful-minutes>

Resources from the Mental Health Foundation of New Zealand website based on the Five Ways to Wellbeing: <https://mentalhealth.org.nz/five-ways-to-wellbeing>

The website also hosts a range of free problem solving and stress management self-help tools and apps: <https://mentalhealth.org.nz/getting-together/self-help-tools-and-apps>

## Here are some resources to support you in your manager role.

WorkWell supports workplaces to 'work better through wellbeing'. Developed by Toi Te Ora – Public Health, it offers a *free* workplace wellbeing accreditation programme for employers:

<https://www.workwell.health.nz/home>

Volunteering New Zealand shares a range of resources on inclusive volunteering and supporting volunteers' wellbeing: <https://www.volunteeringnz.org.nz/available-resources/inclusion/>



## Here are some resources for you to browse and share with your team.

Ignite Aotearoa offers advice and guidance on how to deal with a range of workplace and personal challenges: <https://ignite.org.nz/learn>

Check out the [First Steps](#) suite of short videos on resilience skills:

<https://firststeps.nz/resources/video-library/>

From the [All Right?](#) website, take the Strengths Finder quiz or choose some actions from the Habit Sticks wall: <https://www.allright.org.nz/work>

## Refresh the staff noticeboard!

- Print out this bright poster from [Health in Mind](#): <https://www.health-in-mind.org.uk/wp-content/uploads/2023/03/5-ways-to-wellbeing-at-work-poster.pdf>
- Add some '5Ways' cards for quick reference during a busy day: <https://www.health-in-mind.org.uk/wp-content/uploads/2023/03/5-ways-cards.pdf>
- Browse the [Mental Health Foundation's](#) 5 Ways to Wellbeing resources: <https://mentalhealth.org.nz/five-ways-to-wellbeing/five-ways-to-wellbeing-resources>.

*Matariki rising in the sky  
The conductor of the cluster  
Bestow health upon all people  
Stand bright Matariki, a sign of wellbeing*