Talking with family and friends

Talking about your feelings

▶ Communication is very important for keeping families close and well-connected.

▶ Many couples and families go through life without talking much about their feelings or what's really worrying them.

> I want to tell them about how down I feel. Hiding it makes me feel lonely and sad but I'm worried. We never talk about our feelings. What if they don't understand?

> I'm worried about my husband's health, it could be good to talk about it and get some suggestions.

> I wish Dad talked about how he's feeling. He seems down lately and I'm worried about him.

Everyone needs to talk honestly about what they're feeling.

Having honest conversations could reduce stress, make you feel closer to family and friends, and that you have support.

Whatever your reason – it's always good to talk and share ideas.

> I need to make some changes. It'd be great to talk about this with you.

> It's such a relief not to keep all this to myself. I feel like I don't have to pretend I'm okay

What would you like to talk about?

▶ Think of a problem or issue you'd like to discuss

Have a look at this example:

Who do you want to talk to? *My sister Rita.*

What do you want to talk about? *Talk about why I have been so grumpy.*

▶ *Try it. What works for you?*

Who do you want to talk to?

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Feeling good

Five ways to wellbeing

▶ Doing these five things can make you feel better about yourself, both physically and mentally

Connect
Me whakawhanaunga
Spend time with people in your life who make you feel good. Are they friends, family, colleagues, or neighbours? These connections can support you and enrich your life.

Take Notice
Me ako tonu
Be aware of the world around you and see the beauty in everyday and unusual things – reflecting on them helps you appreciate what matters to you.

Give
Tukua
Do something for a friend or a stranger and see yourself and your happiness as linked to the wider community.

Connect

Take Notice

Give

Be Active

Learn

Be Active
Me kori tonu
Physical activity helps in so many ways so find something that you enjoy and suits your ability.

Learn
Me ako tonu
Try something new or rediscover an old interest, or take on a new responsibility or challenge – learning makes you more confident and can be fun.

▶ *Use the weekly activity diary at* **hn.org.nz/takecharge** *to plan how you will build the five ways to wellbeing into your day.*