



KEEPING WELL HEADING INTO 2023

The end of the year can be a fun and busy time. We hope you all take the time to recharge, enjoy yourself and celebrate achievements.

It's also a busy time when pressures, risks and stressors, can begin to build up at work and at home.

Spend time doing things that you enjoy, whether that's getting outside in the sun, going for a swim, spending time with loved ones, reading a book or even have a bit of time doing nothing!

Over the Christmas period it's important to think about your own self-care.

It's also a time to keep an eye out for friends and loved ones — Christmas can be a lonely or difficult time for some.

Like you, we want people to enjoy this time of year, have a good break and be back in good shape to start 2023, energised and happy.

Defence Health have created this helpful resource with useful information on keeping ourselves and others safe and well.

Share this guide with your team as we head towards the end of the year and upcoming break. Drop in some meaningful examples to you and your group and see what great conversations happen!

Remember — rest, relax, be proud of your achievements, enjoy a well-deserved break and reach out for a helping hand if you need it!

SUPPORTING OTHERS

It's important we think about those who may need some extra support around this time. Individuals and families may be facing increased financial pressures this year, which can increase general stress levels, as well as place strain on relationships. There's more occasions for celebrations mixed with alcohol and sometimes when people's guards are down, things can be done that are regretted later. Make an extra effort to check in with those you know may be alone over the break.

SUPPORT SERVICES FOR OUR TEAMS

Remember during this time of year, support is always available. Sometimes just talking through things with someone can help build perspective and find solutions. For contact details and more information about the support options available to the NZDF community check out:

Defence Health Hub — Pūtahi Hauora: health.nzdf.mil.nz

Key messages:

- Take a break
- Monitor your wellbeing
- Think before you act
- Healthy relationships
- Follow health guidelines

⇒ [Links to more info and resources](#)

⇒ [Contact details for people who can help](#)



NZDF4U WELLBEING SUPPORT

Confidential, 24/7, free wellbeing support for all members of NZDF and the Defence community

Trained external mental health professionals are available to discuss the best support options for your needs. Over the phone, online or face-to-face counselling can be arranged when you call.

Contact information:

Call **0800 NZDF4U**
(0800 693 348)

Text **8881**

Overseas **+64 9 414 9914**

Website: [health.nzdf.mil.nz/
get-help-now/nzdf4u-
wellbeing-support/](https://health.nzdf.mil.nz/get-help-now/nzdf4u-wellbeing-support/)

KEEPING WHĀNAU SAFE AND HEALTHY

While the holidays for some means spending time with our loved ones and celebrating, for many it can also mean a busy, expensive and demanding time on ourselves and on our relationships. That might be from suddenly spending a lot of time together or lots of time apart, caring for children or elderly loved ones, financial pressures or job uncertainties. It's important around this time of year we take time to check in with ourselves and loved ones on how we're feeling.

Communicate and take a break: some days may be tough. It's okay to allow yourself to stop and take a breath. Share the load with loved ones, and keep openly communicating with each other. If you're apart for the holidays, get creative on ways to keep in touch: social media, online family games, phone calls.

Simple plans can have a big impact: Christmas plans don't have to be extravagant to show people you care. Plan small daily activities to spend time together: go for a nature walk, play a board game, or head to the beach. Planning means giving yourself some space for 'you' as well, so you have time to recharge.

Respect each other: People can get frustrated, argumentative, and tired around this time of year. It's okay to hit pause on a conversation before things escalate. It's never okay to become physical or abusive with other people. If you are worried about the safety of someone, ask if they are okay, listen to what they need and tell them you can get help (see link below). If you feel unsafe because of family harm, talk to someone and share what is happening to support your whanau wellbeing. Call Police on 111 if there is immediate concern or 0508 326 459 (Oranga Tamariki) if there are concerns for child safety.

Ask for help: If you are feeling overwhelmed, feeling unsafe in your environment or are worried about your own behaviour towards others, there are a range of support services both internal and external available to you to give a helping hand.

For more info: health.nzdf.mil.nz/your-health/social-and-whanau/keeping-whanau-safe/

FINANCIAL HEALTH



This time of year can really put pressure on your finances so it's a good idea to look at your financial health. Check out the tools and resources on force4families.mil.nz to make sure your budgeting and retirement planning is on track or email: benefits@nzdf.mil.nz

CONSENT AND HEALTHY RELATIONSHIPS

Having open conversations about shared and different sexual wants, needs, boundaries and limits helps us form consensual and mutually pleasurable sexual experiences. Consent is freely given, look out for the clear and enthusiastic yes. Yes is communicated in many ways including verbal, body language and eye contact. **Consent is ongoing, someone can change their mind at any point and it must be respected.** Non-resistance does not equal consent.

Let's look out for one another within our social settings and events this summer. If we're worried about someone's safety, or someone committing harm, think about the role we play. Remember your safety comes first. Things like calling Police, talking to bouncers, checking in with people at risk of harm or doing harmful behaviours can contribute to creating safer spaces for people to enjoy their holidays. It can be tricky recognising and disclosing harmful sexual behavior. If you'd like to talk, contact a Sexual Assault Prevention and Response Advisor (SAPRA). SAPRAs provide advice, resources, and support to individuals and teams to prevent and respond to harmful sexual behaviours.

SEXUAL ASSAULT PREVENTION AND RESPONSE ADVISORS - 0800 693 324 - 365 days 24/7

Overseas: +64 4 527 5799 or SAPRA@NZDF.MIL.NZ

OP STAND - SAFER SUMMERS

The Op Stand safer summer campaigns are about making sure our people have all the relevant information to keep themselves, their mates and their whanau safe regarding all things alcohol and other substances.

This year has been long and presented challenges for many. We want to encourage everyone to relax and unwind but we also want everyone to have the knowledge and information to be free from harm.

Different situations bring different social challenges and so we offer the following top tips from the experts:

- ⇒ **Take it easy** and don't rush into drinking too much too soon or partying too hard
- ⇒ **Know your personal limits** and steer clear of peer pressure
- ⇒ **Be a good host** and set clear boundaries. Try to think of ways to entertain where alcohol doesn't need to be the catalyst for having fun.
- ⇒ **If you know someone who's using substances**, help them understand the current market supply risks and get them to always check their substances at a drug checking clinic
- ⇒ **Stay up to date** with the latest information on websites like the drugfoundation.org.nz, knowyourstuff.nz and thelevel.org.nz
- ⇒ **Know what to do if something goes wrong**
- ⇒ **And as ever – don't be afraid to ask for help**

For lots more information check out the Op Stand resources available via DDMS, health.nzdf.mil.nz or contact the team at Op Stand at OpStand@nzdf.mil.nz

DEFENCE HEALTH HUB - PŪTAHI HAUORA

Maintaining good health, while recognising and getting on top of health concerns early, helps us to thrive and perform at our best.

Our Defence Health Hub - Pūtahi Hauora (health.nzdf.mil.nz) supports our NZDF community to achieve this.

An external website, it's accessible to our whānau and Defence community and is mobile and PC friendly.

This 'one-stop-shop' for health, provides a wide range of information for NZDF personnel, their families and veterans. It includes tools and information to empower people to maintain good health, while helping to recognise and manage common health concerns.

Alongside tools, self-checks, and handy information on facilities and services, there's information on fitness standards, medical gradings, and how the NZDF health system works for serving members. There's also information on support services across camps and bases for families and external connections for retired veterans.

The website includes:

- ⇒ Physical, mental, spiritual, and social/whānau health
- ⇒ Health at work including: workload and burnout, fitness standards, transition, deployments, injury rehabilitation to peak performance, nutrition
- ⇒ Men's and Women's health
- ⇒ Relationship tips, parenting, finances, mental wellbeing
- ⇒ Self-assessment tools
- ⇒ Resources and tips for self-management, goal setting and action planning
- ⇒ Where to go to get help and support NZDF facilities and providers by region
- ⇒ Videos, webinars, shared stories and links to additional resources.

Scan and check
out your Defence
Health Hub here:



Scan me

Pūtahi Hauora Defence Health Hub



Your one-stop-shop for health.
Check out how we can support
you and your whānau.

Here's a snapshot of
what's on offer:

- 👤 Tō Hauora
Your Health
- 👤 Mahia Atū
Take Action
- 👤 Kaitiaki Tautoko
Support Providers