

Ko Ben Macdui te maunga (Aberdeen)

Ko River Avon

Ko Ōtautahi - Christchurch

Ko Donald Milne toku papa

Ko Helen Milne toku whaea

Ko Terry Alve taku tane

Ko Margaret Alve Ahau



Cancer Society

Te Kāhui Matepukupuku
o Aotearoa



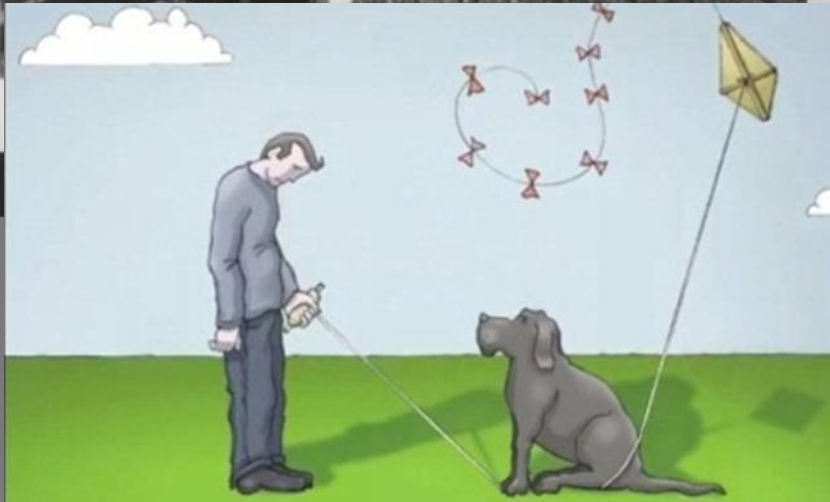
LIDLAW COLLEGE
TE WANANGA AMORANGI



M O K O P U N A

He aroha whakatō,
he aroha puta mai.

If kindness is sown
then kindness you shall receive.



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

Taking care
of your mind &
thoughts

Taking care of
your physical
health & body

Self-Care

Increasing your
own well-being through self-
care behaviors

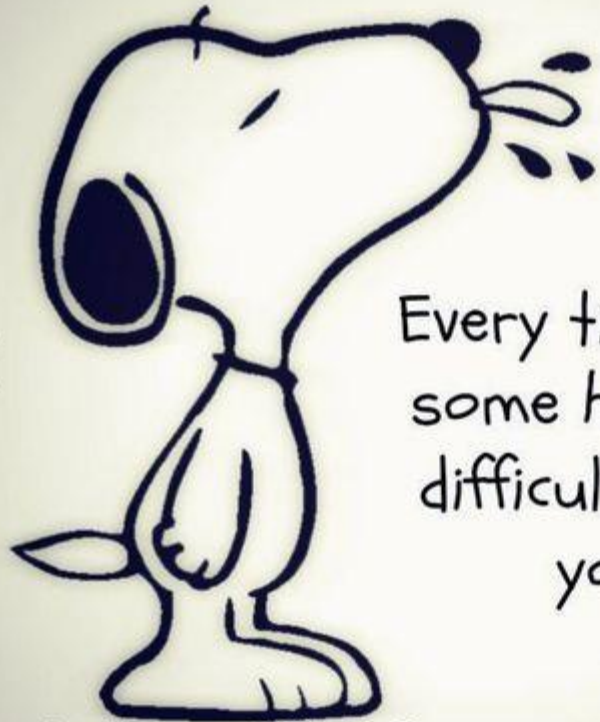
Taking care
of your spiritual
health

Taking care of
your emotions



**We are the stories
we tell ourselves**





Every time you find
some humour in a
difficult situation,
you win.

Sue Fitzmaurice FB/SueFitz50

How you treat
yourself is how you
are inviting the
world to treat you.

Mauria te pono
Believe in yourself

”I AM NOT WHAT HAS
HAPPENED TO ME. I
AM WHAT I CHOOSE
TO BECOME.”

— CARL JUNG



Kindness Combats Compassion Fatigue



**When you say
"yes" to others,
make sure you
are not saying
"no" to yourself.**

- Paulo Coelho

*...We can't practice
compassion with other
people if we can't treat
ourselves kindly.*

— Brené Brown



Develop an
early warning system
for yourself



Learn to listen **to** your body

Be careful
how you are
talking to yourself
because
you are
Listening.



TRY YOUR NAME AND SEE WHAT IT IS!!!!!!!!!!!!!!

A: hot

B: loves people

C: humble

D: makes people laugh

E: has gorgeous eyes

F: people wild and crazy adore you

G: very outgoing

H: easy to fall in love with

I: loves to laugh and smile

J: is really sweet

K: really silly

L: smile to die for

M: intelligent

N: caring

O: has one of the best personalities ever

P: popular with all types of people

Q: a hypocrite

R: class bunker

S: cute

T: lucky

U: good looking


V: not judgmental

W: very broad minded

X: never let people tell you what to do


Y: is loved by everyone

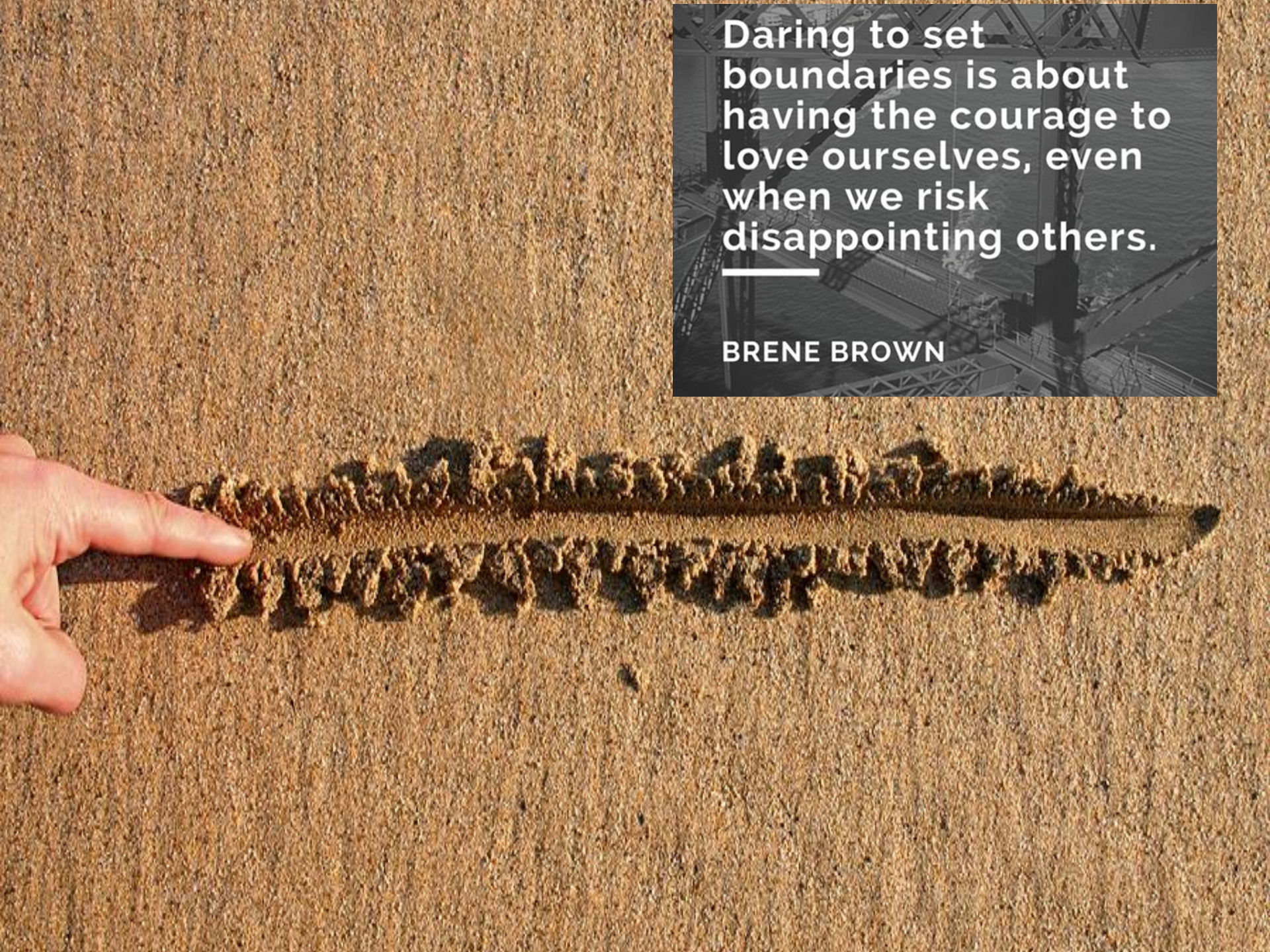
Z: can be funny and dumb at times share it



"The truth is: Belonging starts with self-acceptance. Your level of belonging, in fact, can never be greater than your level of self-acceptance, because believing that you're enough is what gives you the courage to be authentic, vulnerable and imperfect."

- BRENE BROWN



A hand is pointing to a long, narrow, textured object on a sandy surface. The object appears to be a long, thin, and somewhat irregularly shaped piece of material, possibly a piece of wood or a long, thin, and somewhat irregularly shaped piece of material, possibly a piece of wood or a long, thin, and somewhat irregularly shaped piece of material, possibly a piece of wood. The background is a textured, light brown surface, likely sand or a similar material. The object is positioned horizontally across the middle of the frame, with a hand pointing to its left end. The object has a rough, textured surface, possibly due to weathering or the way it was formed. The lighting is bright, casting shadows on the sand.

Daring to set
boundaries is about
having the courage to
love ourselves, even
when we risk
disappointing others.

BRENE BROWN



This
DODO

Belongs to



Holly



Olive



Eden



Lucy



Wendy



Penny



Elijah



Isaiah



Always find time
for the things that
make you feel happy
to be alive.



A Awareness

B Balance

C Connections



There's an old saying:

“Laughter is the best medicine”

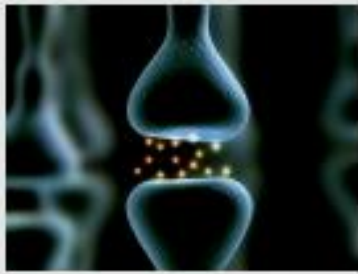


No matter how much I get done, or is left **UNDONE,
at the end of the day**

I am Enough.

Brené Brown





Laughter & productivity

Experts recommend humor to release endorphins, trigger health, increase relaxation, and alter brain chemicals in the direction of winning. How so?

1. RELEASE ENDORPHINS into the brain so that pain can be reduced, and people appear happily distracted from difficult situations.

4. ALTER CHEMICALS within the brain, in ways that reduce stress, lift emotions and contribute to and sustains a sense of well being.



2. TRIGGER HEALTH by stimulating the immune system and connecting mind and body exchanges in positive and healthier ways.

3. INCREASE RELAXATION through added oxygen to the brain, better air exchange and fuel for deeper thought or learning.



Example: U.S. Surgeon-General in his
1930's campaign against venereal
disease.

Flies are dangerous

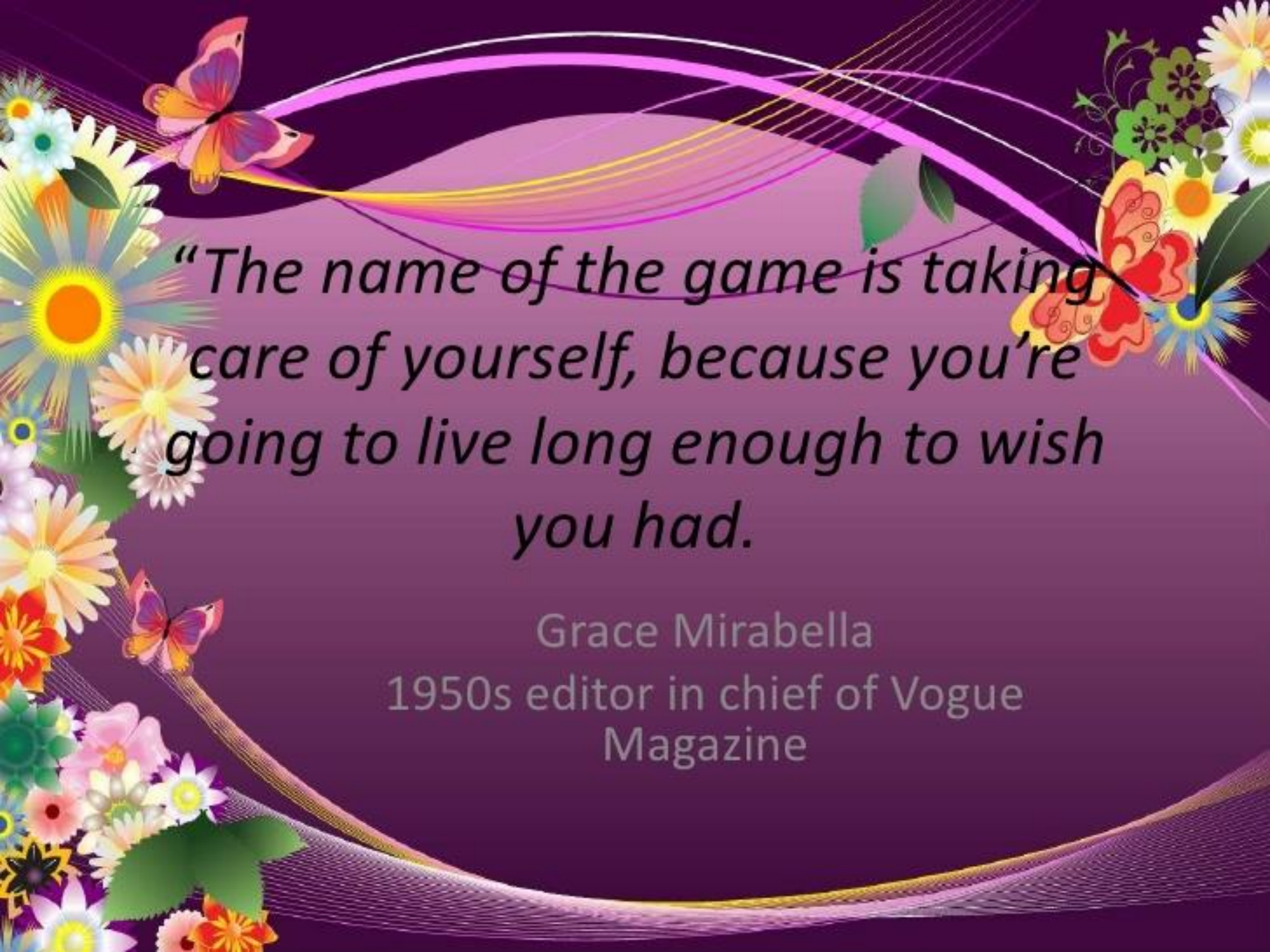
They spread disease.

Keep yours closed!

Gerry Labelle Angelis Consulting



“In order to change the world, we
must begin with ourselves”



“The name of the game is taking care of yourself, because you’re going to live long enough to wish you had.”

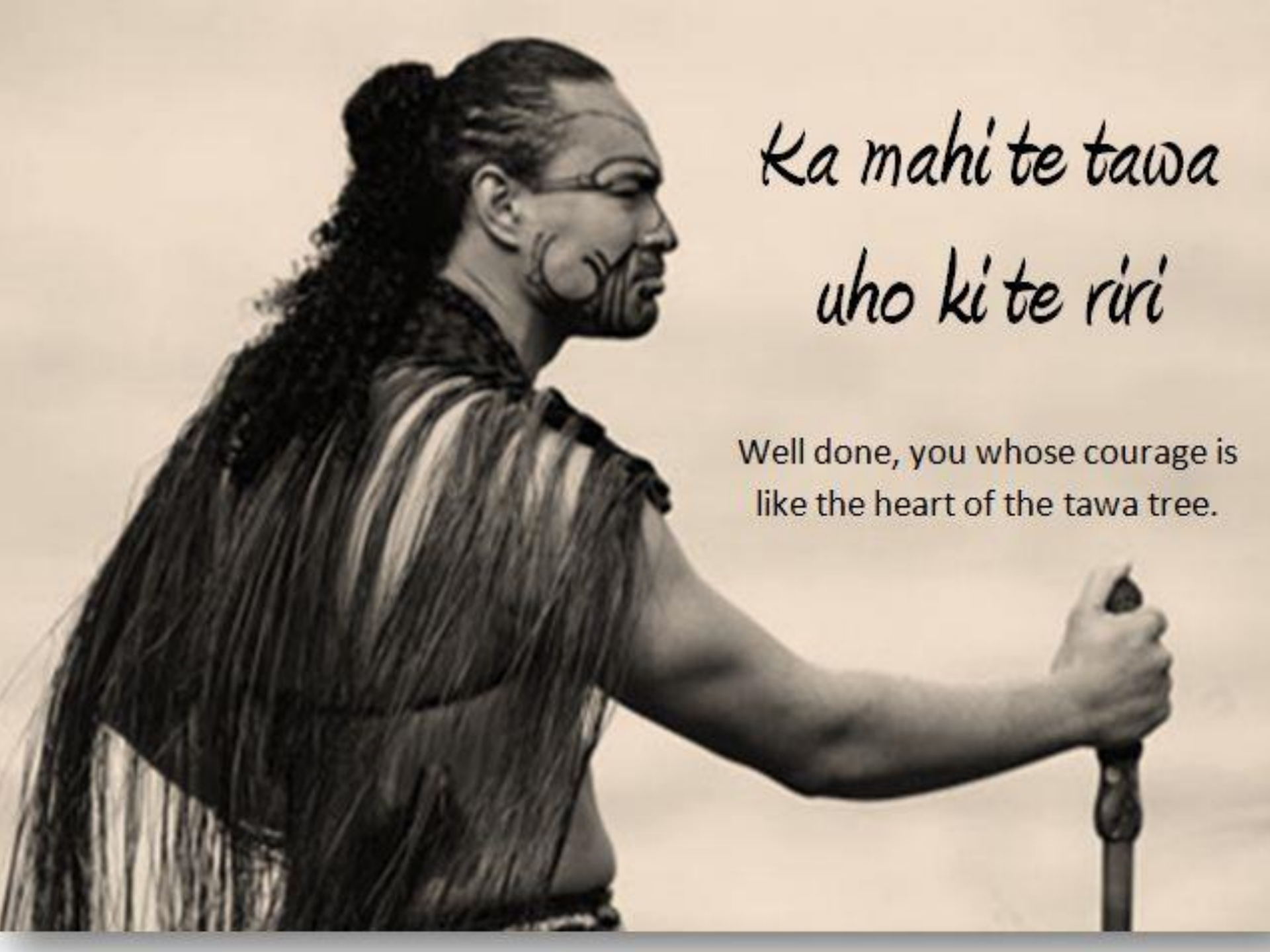
Grace Mirabella
1950s editor in chief of Vogue
Magazine

Mai i te Kōpae ki te Urua,
tātou ako tonu ai.

From the cradle to the grave
we are forever learning.







*Ka mahi te tawa
uho ki te riri*

Well done, you whose courage is
like the heart of the tawa tree.



**Kia kaha,
kia maia,
kia manawanui**

**Be strong,
be brave,
be steadfast**



Thank you

A close-up of a silver star-shaped pendant on a chain. The pendant has a smaller star at the top and the text "YOU MAKE THE difference" engraved on it.

**YOU MAKE THE
difference**

Google Images: Brene Brown – also has utube clips – worth a look

Labelle, G. (2011). Humour in the workplace for system. Gerry Labelle Angelis Consulting Grp.

<http://www.slideshare.net/angelis1/humour-in-the-workplace-for-system>

U tube all videos are from u tube.

Weas, L. (2009). Using humour in HRD Training.

Slideshare.: <http://www.slideshare.net/larryweas/2009-ahe-retreat-presentation2>

One Minute Exercise:

Sit in front of a clock and focus your entire attention on your breathing and nothing else, for the minute. This can be a great quick way to get present during the work day, just use the clock on your task bar.

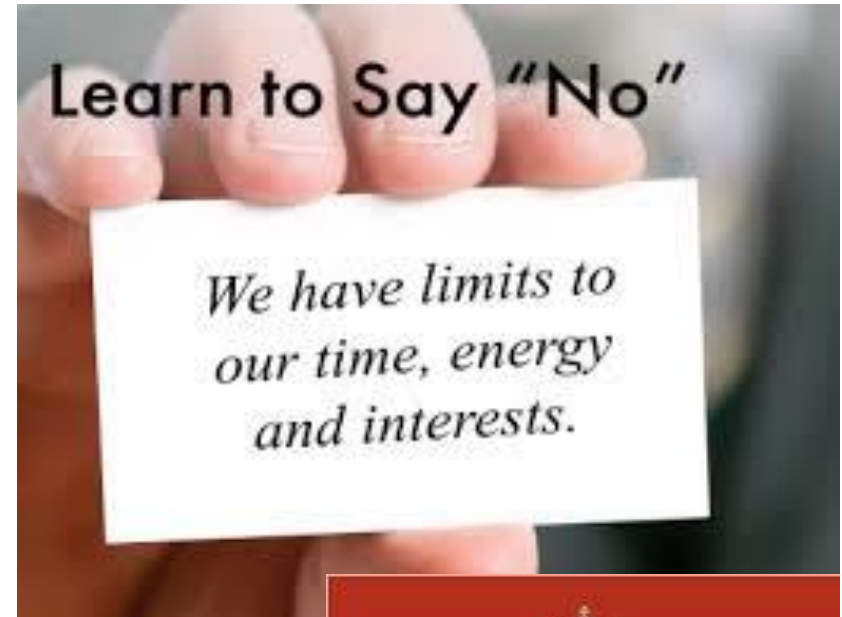
“In order to be compassionate,
one needs
courage
and inner strength”

(Traverso, S., 2011).

1. Start with Your Thoughts

- ❖ You are **NOT** your thoughts.
- ❖ You do **CONTROL** your thoughts.
With some practice!
- ❖ You can **RE-TRAIN** your mind.
- ❖ Create your own **AFFIRMATIONS**.
 - ❖ *All is well. Trust the process of life.*
 - ❖ *I am safe.*
 - ❖ *I am exactly where I need to be.*

Helpful phrases for saying 'no'



- ✓ I am not able to commit to that right now
- ✓ I appreciate you asking me, but I can't do it
- ✓ I hear what you are asking however I'm not able to say 'yes' to that.
- ✓ No I can't do that, but here's what I can do

