

Mental Health Awareness Week

September 23–27

Bring your team mates and explore your way to wellbeing.
Events happening all week.

Monday 23 September



Mindfulness with Betsey Haley

Function Room Civic Offices, 1–2pm

Mindfulness is about learning to 'Focus on the moment, non-judgmentally'. This session is a 'taster' and will provide the opportunity to try mindfulness. The benefits are: greater concentration and focus, being able to monitor stress and distress and take effective steps to manage this and positively taking action to renew your energy.

Seats are limited

Tuesday 24 September



Learn and Flourish: how learning can improve your mental health

Function Room Civic Offices, 12.30–1.30pm

Engage your curiosity and come to this drop in 'mini-expo' to find out why learning is good for your mental health and wellbeing and how you can keep learning in ways that you enjoy.

Wednesday 25 September



Get Active

Function Room Civic Offices, 12–12.40pm

Come along and join the RSE Fitness Team in a lunch time circuit. This session will be all fitness levels and have a focus on having a good time (yes fitness can be fun). The session will last for 40 minutes and you will need to wear your work out gear for this one and bring a drink bottle.

Space is limited

Tai Chi with Lea Deng

Function Room Civic Offices, 5–5.20pm

Wear loose comfortable clothing.

Thursday 26 September



Connect with your team

Any location, any time

Get together with your team mates and talk, listen and feel connected. Plan an activity together. Maybe a lunch, morning tea, walk in the park or a scooter ride. Take a photo of your team connecting and send to wellbeing@ccc.govt.nz. A collage poster will be produced showing how Council teams 'connect'.

Friday 27 September



Give your time, your words, your presence.

Think about simple ways you can make a difference to someone's day and then do one of these things. Buy someone a coffee, ask them about their weekend, tell them they did a great job. A small gesture goes a long way.

Tai Chi with Lea Deng

Function Room Civic Offices
7.40–8am and 8.10–8.30am

A great way to finish off your week!
Come join the second round of tai chi sessions run by Lea Deng.

Wear loose comfortable clothing.