

Your Wellbeing

Spring brings longer days and warmer weather, making it the perfect season to refresh your routines! Prioritising physical and mental health through exercise, social activities, and a good sleep routine can help you feel energised and uplifted. Explore this month's newsletter for tips inspired by the four dimensions of wellbeing [Te Whare Tapa Whā](#)- you might discover something new to enjoy!



Photo by [Greg Lokes](#) – Facilities Maintenance Team - Mt Albert Campus

Taha Wairua - Spiritual

Manaaki Whenua Working Bee, 19 Mahuru (September), 8.30am-12.30pm

This manaaki whenua working bee is an opportunity for us as Te Whare Wananga o Wairaka whānau, to support our own wellbeing through connection to the whenua (land). By helping to take care of our wāhi tapu, our sacred spaces here on campus, you will learn about Te Waiunuroa o Wairaka (the natural spring named after Wairaka), Rongoā Māori (medicinal plants including harakeke) and the biodiversity which the healing waters of Wairaka sustain. The event is being held at the Mt Albert campus. All welcome.

For more details, please click [here](#)

Te Wiki o Te Reo Māori – 15-22 September

This year we are celebrating 50 years of Te Wiki o te Reo Māori:
[Te Rangaihi Reo Māori | Māori Language Movement](#).

Keep an eye out for more details on how to be involved.

Taha Hinengaro - Mental & Emotional

Mental Health Conversations – TELUS Health Webinar 16 September, 12 - 12.30pm

Learn the basics of having a supportive mental health conversation. This session covers key skills for listening, understanding, and offering the right kind of support. This webinar will be recorded and a link to the recording will be emailed to all webinar registrants within two days following the event.

Register [here](#) for this free webinar.

Vitae Tipsheet: The Mental Health Continuum

Mental wellbeing exists on a continuum; we move along it depending on both internal and external factors that may not always be in our control. We are at our best when we thrive and flourish.

You can check out the [tip sheet here](#).

World Suicide Prevention Day 10 September

Raise awareness, reduce stigma, and promote actions worldwide to prevent suicide and support mental health. International Association for Suicide Prevention is running [Cycle around the globe](#), a virtual event for anyone to take part in. Do you need to talk now? [Lifeline](#) have a Suicide Crisis Helpline a free, nationwide service available 7 days a week 0508 TAUTOKO ([0508 828 865](#))

Click [here](#) to find out how to access our employee assistance program providers [Vitae](#) and [TELUS Health](#).

Swap it, or Drop it

Tips to improve your nutrition & lifestyle. Small swaps add up to big improvements in focus, productivity, and wellbeing at work.

These practical tips from a dietitian, teams can improve mood, resilience, and productivity, especially through the winter months.

Click [here](#) to download the Fitness Passport campaign flyer.

Mental Health First Aid Aotearoa- in-person, 2-day programme

Mental Health First Aid Aotearoa (MHFA) training from Te Pou is facilitated by Te Pūkenga kaimahi to equip you with the knowledge and confidence to approach or respond to someone who is experiencing a mental health challenge, or mental health crisis, until appropriate professional help is received, or the crisis is resolved.

For more information, [watch this video from Mental Health First Aid Australia](#) or [get to know our MHFA facilitators](#).

Please note that this programme is open to all kaimahi, regardless of their current business division. However, there are limited spaces available.

MIT Tāmaki Makaurau | Auckland – 27-28 November

Register [here](#)

Vitae Webinar - Menopause - Promoting health through lifestyle changes, 16 September, 12.00 – 1.00pm

This free webinar will explore key lifestyle approaches to support health and quality of life throughout the menopausal transition. We will touch on understanding menopause and lifestyle medicine, optimising nutrition, supporting sleep quality, the role of exercise and stress management strategies tailored for menopausal women.

You can register for the webinar [here](#)

Book Exchange Shelf - Bring or Take a Book

Do you have any books hanging around that you no longer want to keep? The Free Exchange Shelf is the ideal place for you! Only add a book to the shelf that you're happy to part with, and feel free to take any book that catches your interest. It's the best way to discover new books while giving your old favourites a new home.

Location: Near Long Black Café, (Te Puna Building, Mt Albert Campus)



Taha Whānau - Relationships

Whakatupu te Kaakano: Growing the Seed

This free Māori language course is for all kaimahi across Tāmaki. Click on the enrolment form and share it with all your colleagues to register your interest [here](#).

Financial Wellbeing Workshop

In honour of Money Month, we're offering an online programme to support your financial wellbeing. Date and registration links below:

- **Optimising your KiwiSaver – 25 September 12.30pm – 1.30pm**

A Te Pūkenga wellbeing webinar to understand your KiwiSaver's workings, discern whether you should be in conservative, balanced or growth funds, identify the best-performing fund and learn how to avoid the three major mistakes that can hamper your KiwiSaver balance at retirement.

Register [here](#) for this free webinar.

- **Money Hub**

MoneyHub helps people make smarter financial decisions by providing clear information, guides, and tools on budgeting, saving, investing, and everyday money matters.

Click [here](#) to subscribe to receive their weekly emails.

Te Pou – welcome to this e-learning module on Neurodiversity

In this module, you'll be introduced to the concept of neurodiversity and explore the range of conditions that fall under this term. You'll gain insight into some of the more common neurodivergent profiles and learn about key characteristics that may influence a person's support needs.

[E-learning opportunities | Training and development | Te Pou](#)

Learning Together: Work life balance 26 September 11.30am – 12.30pm

As part of our leadership development programme this webinar is facilitated by TELUS Health. Balance is often thought of as an even distribution of weight that allows someone or something to remain upright and steady. Whether taken literally or figuratively, this definition implies that all parts of the whole must be equally distributed yet striving for this is often unachievable. This session aims to help attendees reframe and refine their values and goals, fostering psychological flexibility. By doing so, overwhelming tasks become more manageable, and we can navigate our lives with calmness and intentionality.

You can register for the webinar [here](#).

Supporting Ākonga with Dyslexia -1 hour online - free module

Edulink - Professional learning & development resources

This module enables you to build relationships with ākonga with dyslexia (and similar neurodiversities) and covers practical ideas for how to provide supportive experiences and improve ākonga access to support.

Register [here](#)

Taha Tinana - Physical

Learning Together: Sleep better, Feel better 24 September 11.30am – 12.30pm

As part of our leadership development programme this webinar is facilitated by TELUS Health. On average, New Zealand adults report sleeping just 6 hours a night, often with two interruptions (e.g., waking up). Overall, we are sleeping less than the generation before us. Yet, sleep is essential for adults to function at their best. This workshop aims to help participants better understand and manage their sleep. We will explore how sleep works and how it affects every day functioning, practical strategies to improve sleeping

habits will also be discussed.

You can register for the webinar [here](#).

National HIV/AIDS & Aging Awareness Day 18 September

This day brings awareness to the challenges and resilience of older people living with HIV. Organisations like Burnett Foundation Aotearoa, Body Positive, and Positive Women Inc support aging with HIV through care, advocacy, and stigma reduction.

Home test kit vending machines are available for use at Ōtara Campus, NP Block Entrance.

Sign up to *Steptember*

Think you could move 10,000 steps a day in September? Sign up now for free! Then get set for a month-long mood boost and if you're not a walker or runner, you can convert all your activity into steps – from Pilates to pickleball.

For more information and how to download the free app, click [here](#).

Let's Talk Pelvic Health

EAP Services Pelvic Health Physiotherapists guide us through the latest research and provide tips on how to manage and improve pelvic function. Whether you're dealing with your own pelvic health concerns or supporting someone else, this webinar recording is packed with useful insights.

Click [here](#) for the recording of this webinar.

The Exercise Lab - Only \$5 a week!

Come check out the new cardio equipment at our Building 111 Gym. Whether you're into running, cycling, or stepping, the updated machines are ready to give your workouts a boost. It's a great way for kaimahi to stay active, de-stress during the day, and keep your energy levels up.

Even a quick 20-minute session can lift your mood and help you power through the afternoon!

More details and joining information, please see here: [The Exercise Lab](#)

Exclusive Hello Fresh offer to MIT & Unitec Kaimahi and Ākonga

Sign up now to get a discount of up to \$499 off standard retail price*

Offer available to new and past HelloFresh customers who haven't subscribed to HelloFresh within the past six months.*

Are you tired of preparing the same old meals every day? Do you want to try something new that doesn't cost a fortune or take forever to prepare? If so, HelloFresh has exactly what you need to create exciting yet affordable new dishes at home. You can check out variety of their menu's [here](#). How to redeem the offer: Head to the HelloFresh website by clicking [here](#) to automatically apply your discount. How the discount works? The saving is spread over 13 deliveries. First delivery gets you 40% off, second 30% off, third 20% off and so on. Please note that there is no fixed term subscriptions required as they can be paused and skipped or cancelled at any stage.

Want to know more about what's happening in your local area? Check out more local events in the '[What's on in Auckland](#)' page.

Do you have any ideas you would like to share with the Wellbeing and Safety team, please get in touch, we would love to hear from you! safety@unitec.ac.nz.

Ngā mihi

Bruce, Diane, Inger, Jo and Maree
Wellbeing and Safety team

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