

# Rangtahi Newsletter

May, 2024



Kia ora e hoa!

Hi team,

winter is coming! This feels a bit like that long, quiet and dark season. Not much is going on anymore, events are slowing down, too. Some dark days i wish i could just curl up in my cave and go to sleep till spring is back like a bear. It sometimes feels all a bit much and like this would be a great solution. Unfortunately, spring is not coming that soon, and closing my eyes to stuff that bothers me, doesn't make it go away. That said, it can still be good, to take a break from things every now and then, with the goal to regain strength, patience and energy. That helps me face the "stuff" in a better way afterwards.

And those breaks can come in many shapes: You could plan to have a day free of things, pick a Saturday to sleep in, hang out, rest and relax. You'll probably need to inform friends and family, that you are going to do this, so they leave you alone, too. Or you could go for a walk, put some music in your ears and enjoy fresh air, instead of stuffy classroom and mall air. Or a break can happen just in your head, grab a good book or a movie and don't think about other stuff for a little while. If it makes you feels refreshed and a bit more relaxed and happy, you have already won!

If you like to put your own stamp to this newsletter and contribute an article, a story, poem, some art or just give feedback, please let me know!

I'd love to hear from you, because your opinion is important. Just flick me an email: [nina.king@marypotter.org.nz](mailto:nina.king@marypotter.org.nz)

*Love from Nina*

and the child and young person support team (ChYPS)  
at Mary Potter



Content:

- affirmation
- mindfulness exercise
- reading material
- brain gym
- colouring and quote
- links, numbers and addresses
- the smirk at the end

## Affirmation



*I am not alone  
in this world*



There are  
**A LOT**  
of people who  
care about you.

Just because you  
feel disconnected  
NOW doesn't  
mean you  
**ALWAYS**  
**WILL.**

# Mindfulness exercise



mindfulness= protecting your boundaries



boundaries are SUPER IMPORTANT!

They define your very being. It can be hard to reinforce them and honor them, because we are afraid how people will judge this. But we owe it to ourselves to protect our boundaries!



# Reading material



## Relationship breakdown — Skylight Trust

If you've just had a relationship break-up and are feeling down, you're not alone. Here you'll find expert tips for helping you find balance again.

### Getting over a Break-up

Just about everyone experiences a break-up at some point, and the associated heartbreak — a wave of grief, anger, confusion, low self-esteem, and maybe even jealousy, all at once.

Millions of poems and songs have been written about having a broken heart and wars have even been fought, because of heartbreak.

Although the causes of heartbreak may be different, the feeling of loss is the same - whether it's the loss of a romantic relationship, a friendship or something you only hoped for. People describe heartbreak as a feeling of heaviness, emptiness, and sadness.

How Can I Deal With How I Feel?

Most people will tell you, you'll get over it or you'll meet someone else, but when it's happening to you, it can feel like no one else in the world has ever felt the same way. If you're experiencing these feelings, there are things you can do to lessen the pain.

### Here are some tips that might help:

Share your feelings. That could mean talking over what you are feeling, even having a good cry on the shoulder of a comforting friend or family member

Don't be afraid to cry. Going through a break-up can be really tough, and getting some of those raw emotions out can be a big help

Be kind to yourself

Remember what's good about you. Sometimes people with broken hearts start to blame themselves for what's happened. They may be really down on themselves, exaggerating their faults as though they did something to deserve the unhappiness they're experiencing. Remind yourself of your good qualities

Take good care of yourself. Get lots of sleep, eat healthy foods, and exercise regularly to minimize stress and give your self-esteem a boost

Do the things you normally enjoy. Whether it's seeing a movie or going to a concert, do something fun to take your mind off the negative feelings for a while

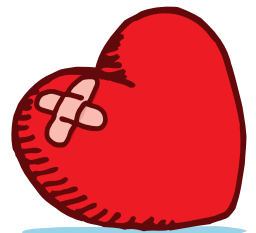
Keep yourself busy. Sometimes this is difficult when you're coping with sadness and grief, but it really helps. That doesn't mean you shouldn't think about what happened - working things through in our minds is all part of the healing process - it just means you should focus on other things too

Give yourself time. It takes time for sadness to go away.

Some people feel that nothing will make them happy again and resort to alcohol or drugs. Others feel angry and want to hurt themselves or someone else. People who drink, do drugs, or cut themselves to escape from the reality of a loss may think they are numbing their pain, but the feeling is only temporary. They're not really dealing with the pain, only masking it, which makes all their feelings build up inside and prolongs the sadness.

Sometimes the sadness is so deep — or lasts so long — that a person may need some extra support. For someone who isn't starting to feel better after a few weeks or who continues to feel depressed, talking to a Counsellor or therapist can be very helpful.

So be patient with yourself, and let the healing begin.





find all the words in the grid that are listed below

## Positive Coping Skills

O W R I T E A L E T T E R V D E Q  
M B H V E X E R C I S E W P S T D  
Y H F U F A R E A D E Z A P S A D  
Z C O O K E M B D I R O T L K L U  
S D W C Y A T G A I R J C A V K F  
S E L F C A R E N X D O H Y D T W  
X U S X H P S G C S N U F V D O A  
I J W W J W S D E W P R U I O S L  
E P L A Y A G A M E T N N D A O K  
S C O L O R S E X W N A N E P M F  
W A T C H A M O V I E L Y O U E R  
H E A C R R M N Y Z M R V G Z O L  
D Z L M C X A A G S T W I A Z N O  
P G I R R W S D V R D O D M L E T  
R Q V A Y E I P C Z R L E E E N P  
A W D P W Q N J R Z A X O S M O T  
Y T R I F Y G O D O W A S K W W G

selfcare  
journal  
do a puzzle  
cry  
play video games  
cook  
color

draw  
talk to someone  
write a letter  
read  
sing  
watch a movie

pray  
play a game  
walk  
dance  
exercise  
watch funny videos

# Colouring



## quote

happiness is a hot drink on a cold day

# *Links, numbers and addresses*



never hesitate to reach out and get help, you are not alone!

[www.skylight.org.nz](http://www.skylight.org.nz)

supporting children, young people and their whanau to navigate through tough times. NZ organisation with a huge library of information and materials on topics like grief, separation, LGBTQIA+, loss, depression, anxiety, illness and disability, emotions, behaviour, abuse and violence. They host events, have a big library in Wellington and sell materials and books.

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

a space created with rangatahi for rangatahi to learn and express and engage around your hauora (wellbeing), identity, culture and mental health.

[sparx.org.nz](http://sparx.org.nz)

online game, which equips young people and rangatahi with skills to power through stressful and negative emotions

[youthline](http://youthline.org.nz)

when you need someone to talk, free, anonymous service  
0800 376 633  
Free txt 234

[teenagegriefsucks.com](http://teenagegriefsucks.com)

they're talking about teen grief, read stories written by teens who have been there and share your own. They have also got great materials and tips.

[teengrief.com](http://teengrief.com)

website and podcast written by 2 sisters who lost their dad

[thegriefreality.com](http://thegriefreality.com)

website by 2 sisters who lost their mum to cancer

[whatsyourgrief.com](http://whatsyourgrief.com)

webpage. learning materials and podcast with lots of great articles on related subjects like christmas, anniversaries, friends...

[dougy.org](http://dougy.org)

dougy center does peer support to help children and young peeps cope before and after the death of a family member

[canteen.org.nz](http://canteen.org.nz)

support and sharing with peers when someone has cancer through events (they have a D'n'd group) and counselling.

[winstonswish.org](http://winstonswish.org)

charity who support bereaved young people and children. They sell great memory boxes and books and have other really nice resources.

[www.talkgrief.org](http://www.talkgrief.org)

sub page from winstons wish specifically for Rangatahi, they offer great activities like a grief tool-kit, podcasts and articles by young people





<https://help2makesense.org/>

podcast/ social media page and podcast by Winston's wish

<https://piki.org.nz/about>

Piki's vision is to enhance Rangatahi's quality of life by equipping them with tools to overcome adversity and strengthen their wellbeing. available to Rangatahi aged 18-25 living in the Greater Wellington region. They offer easy and personalised access to therapy at a convenient place and time, links to 24/7 support through phone and web services, Trained peer supporters

<https://www.smallsteps.org.nz/>

free online tools developed to help with feelings of anxiety, stress, or low mood. Each tool only takes a few minutes.

[slapd.com](https://slapd.com)

social media through connecting and sharing for teens who have lost a parent

[notokapp.com](https://notokapp.com)

digital panic button to get you immediate support via txt, phone call or GPS location when you're struggling to reach out

[kenziesgift.com](https://kenziesgift.com)

supports the mental health of rangatahi and their families affected by grief. They provide free one on one counselling, grief kits and great online resources

[heysigmund.com](https://heysigmund.com)

latest research and news in psychology, that explains what it all means and why it matters. Great info on grief and other mental needs like anxiety and depression.

[griefencounter.org.uk](https://griefencounter.org.uk)

light a virtual candle and post a memory of your loved one

[Kapiti Youth Support KYS](https://kys.org.nz)

medical staff, counselling and social work for young people with need in the areas of alcohol and drug service, mentoring, parenting, peer support, finances, LGBTQIA+, out of school or employment, transition services and programmes with schools and community.

web: Kys.org.nz , phone 04 905 9597

[evolve youth service Wellington](https://evolveyouth.org.nz)

primary health care and social support for young people 10-24 years

reception@evolveyouth.org.nz , phone: 04 473 6204 , 0800 380 583, level2 James Smith building, corner Cuba and Manners street

[partners youth services Porirua](https://partnersporirua.org.nz)

partnersporirua.org.nz , 04 237 1097, txt or call 027 539 0244

[youth services with work and income Wellington](https://youthservice.govt.nz)

phone: 0800 559 009, youthservice.govt.nz

and you can also email Nina at Mary Potter Hospice

if you need to talk or write:

nina.king@marypotter.org.nz

*the smirk  
at the end*

