

DO YOU NEED FREE,
FRIENDLY, AND
INDEPENDENT HELP?

CONTACT **SANITI**



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STUDENT
WELLBEING
GUIDE

FIVE WAYS TO WELLBEING

CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Give
Your time,
your words,
your presence

**TAKE
NOTICE**
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

**KEEP
LEARNING**
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

**BE
ACTIVE**
DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz

EVERYDAY MAY NOT BE GOOD, BUT
THERE'S SOMETHING GOOD IN EVERYDAY!
– ALICE MORSE EARLE

WHAT ARE YOU GRATEFUL FOR TODAY?



CONTACTS

Anxiety Helpline
 0800 ANXIETY
(0800 269 4389)

Lifeline 24/7 Helpline
0800 543 354

NEED TO TALK?

1737

free call or text
any time

NMIT/Te Pūkenga After Hours Security

Campus Security patrol times:
Monday - Friday 5.00pm - 11.00pm
Saturday - Sunday 8.00am - 10.30pm

Security phone number at all times:
NMIT 027 449 8494

Campus Services After Hours:
027 433 4612

**TAKING CARE OF YOUR MIND
AND BODY HELPS YOU LEARN**

**FUELING YOUR
& MIND
BODY**

FOR LEARNING

**WAYS TO SUPPORT YOUR
MIND, BODY AND LEARNING:**

- Take regular study breaks
- Eat a balanced breakfast
- Prioritise your sleep
- Have a consistent bedtime
- Be mindful of relying on sugar/caffeine for energy
- Find exercise you enjoy, and keep doing it
- Connect with friends and whānau

**DO SOMETHING YOU ENJOY
(IT WILL ENERGISE YOU!)**

**MANAGING
STUDENT LIFE**

**YOUR RELATIONSHIP WITH
MONEY:**

Managing money is a skill you can learn and get better
at - like any skill it takes practice and time

CAP - www.capnz.org

**HELPFUL TIPS FOR MAKING
POSITIVE CHANGES:**

- Set achievable, realistic goals - write them down so you can regularly reflect on and reassess them.
- Celebrate successes (no matter how small) - it will inspire you to keep on going.
- Be kind to yourself - we all stumble along the way.
- Seek support and guidance and ask for help along the way.

SLEEP

Getting enough sleep is a crucial part of your health and supports your learning. Find some helpful tips to improve your sleeping habits.

www.calm.com

**PRIORITISING YOUR
SLEEP**

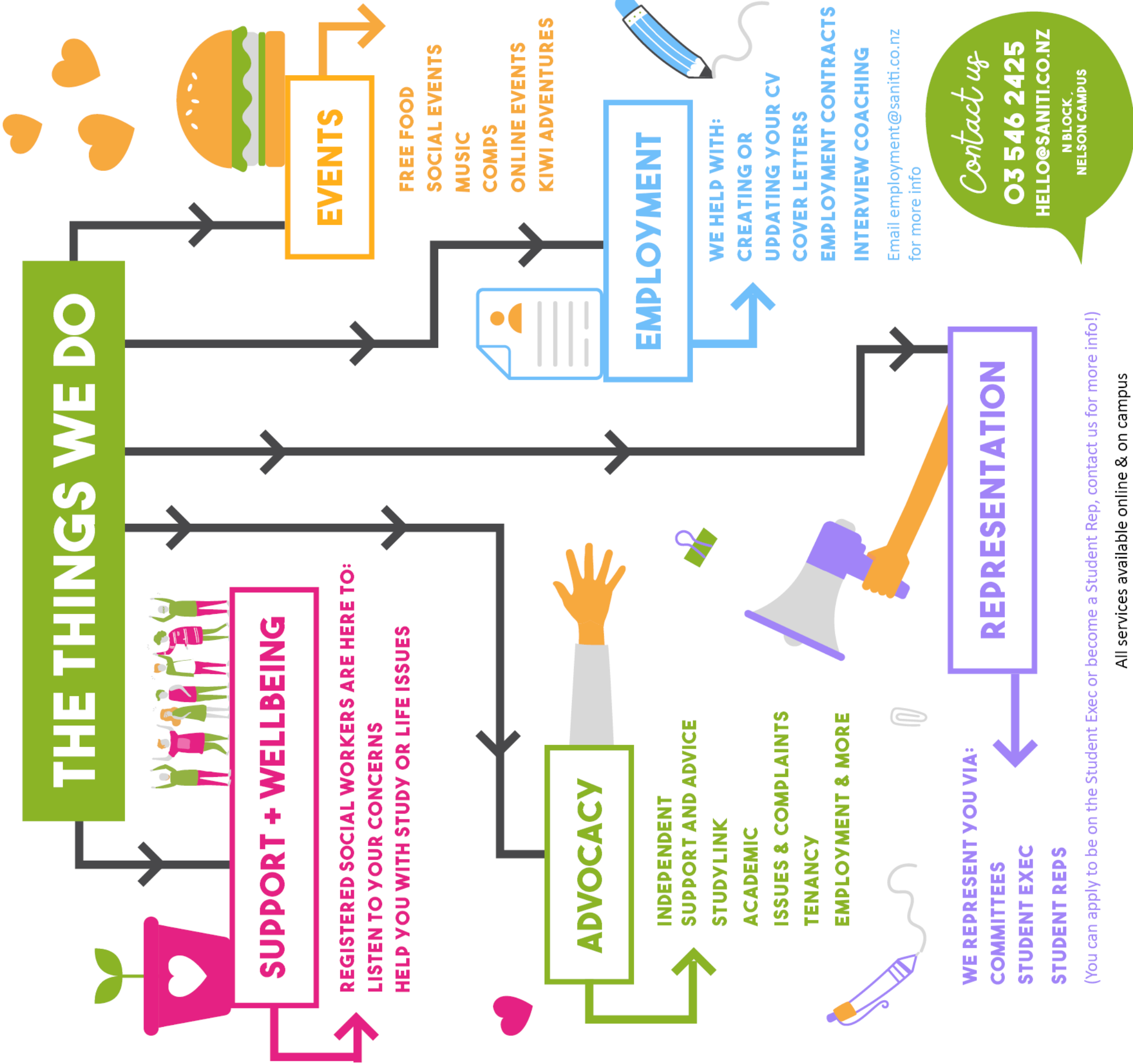
SLEEP ROUTINE

- Sleep in a dark room, or use eye guards
 - Turn off all devices
 - Avoid caffeine after 3pm
- Get the room temperature just right
- Wake up at the same time each morning
 - Use earplugs to block out sound

**TIPS FOR
A GOOD
NIGHT'S
SLEEP**

SANITI YOUR STUDENT ASSOCIATION

 SANITI IS AN INDEPENDENT, NOT-FOR-PROFIT ASSOCIATION, GOVERNED BY STUDENTS AND HERE TO PROVIDE SERVICES TO ALL NMIT STUDENTS.



WWW.SANITI.CO.NZ

FOLLOW US   SANITINZ

