



APRIL 2023 NEWSLETTER

Community Wellbeing Project

THE POWER OF FOCUS

PRACTICAL TIPS TO HELP YOU
FOCUS YOUR THOUGHTS

How do you wake up in the morning?

Do you jump out of bed and look forward to starting the day?

Do you wake up in the morning and you did not want to get out of bed, hear the alarm clock ring and you press the snooze button over and over again until you are forced to get up and go to the bathroom?

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What do you think about when you wake up?

Do you think about all the things you need to do, the list is endless and you feel overwhelmed before you get out of bed or you wake up in the morning, thinking about all the challenges that you are facing in your life, think about all the criticism that people have given you, even the areas where you have not succeeded. Then you feel discouraged and unmotivated or think about what is missing in your life; not enough money, no big title after your name or that you do not have a flashy car and so on.

When faced with a problem what do you do?

Spend time discussing and analyzing the problem in great depth and then defining it in unsolvable terms? Or do you find out who is to blame?



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TIPS

How to control the FOCUS of your thoughts

When faced with a challenge or a problem, spend 5% of your time discussing the problem, 95% of your time finding innovative and creative solutions.

REMEMBER "The problem is not the problem. The problem is your attitude to the problem".

Ensure that you do the following on a daily basis:

Learn something new on a daily basis. Learning does not end when you obtain your degree or leave university. The journey of life is a learning process. Successful people convert their failures into stepping stones by learning from them and moving on. When you try something and it does not work out, do not despair, all you have to do is find a better way to do it.





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Enjoy

Ensure that on a daily basis you are able to enjoy and have fun. You have the ability to create memorable moments on a daily basis. Remember "life is not measured by the number of breaths we take, but how many moments that take our breath away"

Appreciate

As soon as we develop a sense of appreciation (gratitude), we are shifting our focus of thoughts on what we have and what we have been able to achieve.

Reflect on your life.

Reflection allows for self-assessment, checking that you are on the right track. Reflection gives you time to monitor your thoughts and actions, to check whether they are in alignment with your purpose in life.





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Helping a loved one cope with mental illness

Many people often ask, "How do I know when to help?" Some signs that a friend or family member may have a mental illness and could need your help are:

They suddenly no longer have interest in things they used to enjoy.

They seem angry or sad for little or no reason.

They don't seem to enjoy anything anymore.

They have told you about or seem to be hearing voices or having unsettling thoughts.

They seem emotionally numb like they don't feel anything anymore.

They eat a lot more or less than they used to.

Their sleep patterns have changed.

They seem to be anxious or terrified about situations or objects in life that seem normal to you and to others.

They've been missing more and more time from work or school.

They've been drinking heavily and/or using drugs to cope.

They are avoiding their close friends and family members.

They are talking about taking their life or feeling hopeless

Support from family and friends is a key part of helping someone who is living with mental illness.

This support provides a network of practical and emotional help.



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Caring for anyone living with an illness can be challenging.

In order to best do so, here are a few tips to help you support someone living with mental illness.

LEARN

about the illness and its signs and symptoms. Also, learn more about how treatments work so that you know what side effects and improvements you may see.

ENCOURAGE

treatment. Offer to help make those first appointments with a doctor to find out what's wrong or accompany the person to the doctor-these first steps can be hard. If you do accompany the person, write down any notes or questions either of you have in advance so that you cover all the major points.

HELP

set specific goals that are realistic and can be approached one step at a time. Don't assume you know what the person needs. Ask how you can help. Listen carefully to the response.

PROVIDE EMOTIONAL SUPPORT.

You can play an important role in helping someone who's not feeling well feel less alone and ashamed. They are not to blame for their illness, but they may feel that they are. Help encourage hope.

Although ultimate responsibility lies with the person living with the illness, you can play an active role in your friend or loved one's treatment.

Now more than ever, it is important to reduce stigma and encourage people not to suffer in silence, but to seek help.

Always remember that with help, there is hope.



Important Contact Numbers

If you are concerned about your own mental wellbeing, or that of someone else,

CAN CALL OR TEXT

1737

to talk to a trained counsellor. They have interpreters if anyone needs one. They're available for free, day and night.

Other phone lines include:

- Healthline (General Health Advice 0800 611 116)
- Samaritans (0800 726 666)
- Youthline (0800 376 633)
- Alcohol Drug Helpline (0800 787 797)
- Lifeline: 0800 543 354 (available 24/7)
- Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO) (available 24/7)
- Kidsline: 0800 543 754 (available 24/7)
- Whatsup: 0800 942 8787 (12pm to 11pm)
- Depression helpline: 0800 111 757 or text 4202 (available 24/7)
- Anxiety helpline: 0800 269 4389 (0800 ANXIETY) (available 24/7)
- Fatimah Foundation: For culturally appropriate family violence related support to Muslim Community: Phone 0800 222 432 (24/7)/ 09 259 4454 (9.00am till 5.00pm)/ Mobile - 027 300 1060
- Kāhui Tū Kaha (Muslim Support): 0800 559 592



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Eid Mubarak

عيد مبارك

May Allah bless you with love,
prosperity, and peace on this
auspicious day of Eid

Blessings on this day of Eid
and throughout the year.