



**We hope you'll have a great summer!**

We also hope you'll stay safe. So here are some tips to keep in mind when having fun and getting out in the sun with friends and family.

## Take time to take care

*The festive season and holidays can be stressful for many. Taking small steps to protect your wellbeing can help to get you on the path to enjoying life again.*

- Go to the beach or bush, listen to the sounds of nature and smell the fresh air.
- Get out and do something physical, go for a walk, a run, or to yoga.
- Get your hands dirty in the garden.
- Meet up with friends.
- Help out at the local community centre or marae.
- Make a meal.

[Depression.org.nz](http://Depression.org.nz) has more information and tools that can help you or your whānau – call **0800 111 757** for extra support.

## Being healthy, inside & out...



### *Eat well*

- Summer means lots of low-cost vegetables so get creative and make tasty salads – go to [myfamily.kiwi](http://myfamily.kiwi) for easy (and budget-friendly) recipes.
- Choose different coloured fruits and vegetables.
- Eat breakfast every day.
- Choose foods that are mostly whole or less processed.
- When choosing packaged foods, look at the food product as a whole – some foods may be low in fat but high in sugar/salt.
- Use the Health Star Rating to compare similar packaged foods – the more stars the better.
- Don't go to parties hungry – have a banana or sandwich first.

### *Move more*

- Join in games with the kids – they'll be delighted and you'll have fun and get some exercise. See [myfamily.kiwi/activities](http://myfamily.kiwi/activities) for ideas.
- Take a beachball or cricket bat and tennis ball with you to the park.
- Fun stuff such as balloons, hula-hoops, skipping ropes, balls or bubble-blowing mixture are perfect toys for kids and adults!

