



Triggers of depression

Often depression is triggered by a difficult situation or stressful changes in your life. It also can build up over many years.

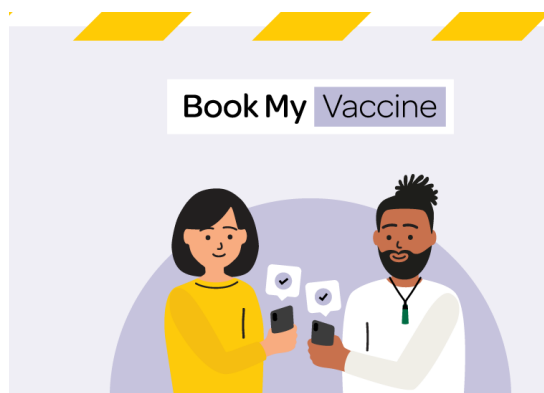
Some Signs of depression

- feeling tired all the time
- getting too much sleep or not enough
- feeling worthless and helpless
- thinking about death a lot
- having no energy and feelings of low self-esteem
- loss of appetite or overeating
- sadness or emotional 'numbness'
- loss of pleasure in everyday activities
- irritability or anxiety
- poor concentration
- feeling guilty or crying for no apparent reason.

Talk to your Nurse or GP if you have these signs that are on-going, and you feel overwhelmed by them.

Phone a helpline

- the Depression Helpline ([0800 111 757](tel:0800111757))
- Lifeline ([0800 543 354](tel:0800543354))
- Youthline ([0800 376 633](tel:0800376633))



We're rolling out COVID-19 vaccinations to Aotearoa New Zealand. Everyone aged 55 and over can book their vaccination now at BookMyVaccine.nz or call [0800 28 29 26](tel:0800282926).

hello
AUGUST



Proverb for August



*He aroha Whakato,
He aroah puta mai
If kindness is sown
then kindness we shall receive*

BODY FACTS

Despite accounting for 2% of our body mass, the brain uses 20% of our oxygen and blood supply

Try a slow cooker

During winter, a crockpot or slow cooker will quickly become your best friend. They're easy to use too. Simply pop your ingredients in and let them cook away. You can do it in the morning before work, and it'll be ready and waiting for you by the time you get home.

The great thing about a slow cooker is that they tenderise cheaper cuts of meat. Because the food is cooked for a long time, it brings out the flavour and gives a delicious result and the veges don't go soggy.

If you don't own a slow cooker, keep an eye out in op-shops for a second-hand one.



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