

IT'S
ALL RIGHT
TO TALK
IT OUT.



ALLRIGHT.ORG.NZ

*all
right?*

**IT'S
ALL RIGHT
TO NEED
A HUG.**



ALLRIGHT.ORG.NZ

*all
right?*

**IT'S
ALL RIGHT
TO HAVE
A CRY.**



ALLRIGHT.ORG.NZ

*all
right?*

IT'S
ALL RIGHT
TO REACH
OUT.



ALLRIGHT.ORG.NZ

*all
right?*

IT'S
ALL RIGHT
TO TAKE A
BREATH.



ALLRIGHT.ORG.NZ

all
right?

IT'S
ALL RIGHT
TO KEEP
TICKING
ALONG.



ALLRIGHT.ORG.NZ

*all
right?*

He waka eke noa We're all in this together

In tough times we can go through a wide range of emotions. It can be hard to know what to think, how to feel or what to do. And that's all right. Here are some practical tips for looking after yourself and others. They're simple but they work.

Share a cuppa and a kōrero
He kapu tī māu? Me kōrero hoki.

Take a break from the news and social media
He kanohi kitea he hokinga mahara.

Remember the little things that make you feel good
He oranga ngākau he pikinga waiora.

Stick to your routines if you can
Ka whāngaia ka tupu ka puāwai.

Rest. Time out helps
He wā whakatā.

Head outside, nature is good for us
Kia pai i te hikoi mō te oranga o te tinana, te hinengaro me te wairua.

Tough times affect each of us differently – allow time to find what works for you. It's also good to know you don't have to go it alone. Reach out to friends or whānau or free call/text 1737, 24-hours a day.

*all
right?*

He waka eke noa
We're all in this together

*all
right?*