


A Canterbury that's more than just
all right.... How do we make it
happen?

Lucy D'Aeth
Canterbury District Health Board



A photograph showing two hands held up, palms facing each other, in a field of yellow flowers. The background is a bright blue sky with some white clouds. The text "There is no health without mental health" is overlaid in the center of the image.

There is no health
without mental
health

FIVE WAYS TO WELLBEING

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



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY



TALK & LISTEN,
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF



0800phantom

IT'S ALL RIGHT IF YOU'RE FEELING PRETTY STOKED

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.

IT'S ALL RIGHT TO FEEL PROUD OF HOW WE'VE COPE

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.

IT'S ALL RIGHT IF YOU'RE OVER IT RIGHT NOW

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.

IT'S ALL RIGHT TO FEEL OVERWHELMED SOME DAYS

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.

IT'S ALL RIGHT IF YOU FEEL FRUSTRATED AT TIMES

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.

IT'S ALL RIGHT IF YOU'RE A TAD ON EDGE THIS MORNING

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.

IT'S ALL RIGHT TO FEEL A LITTLE BLUE NOW AND THEN

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.

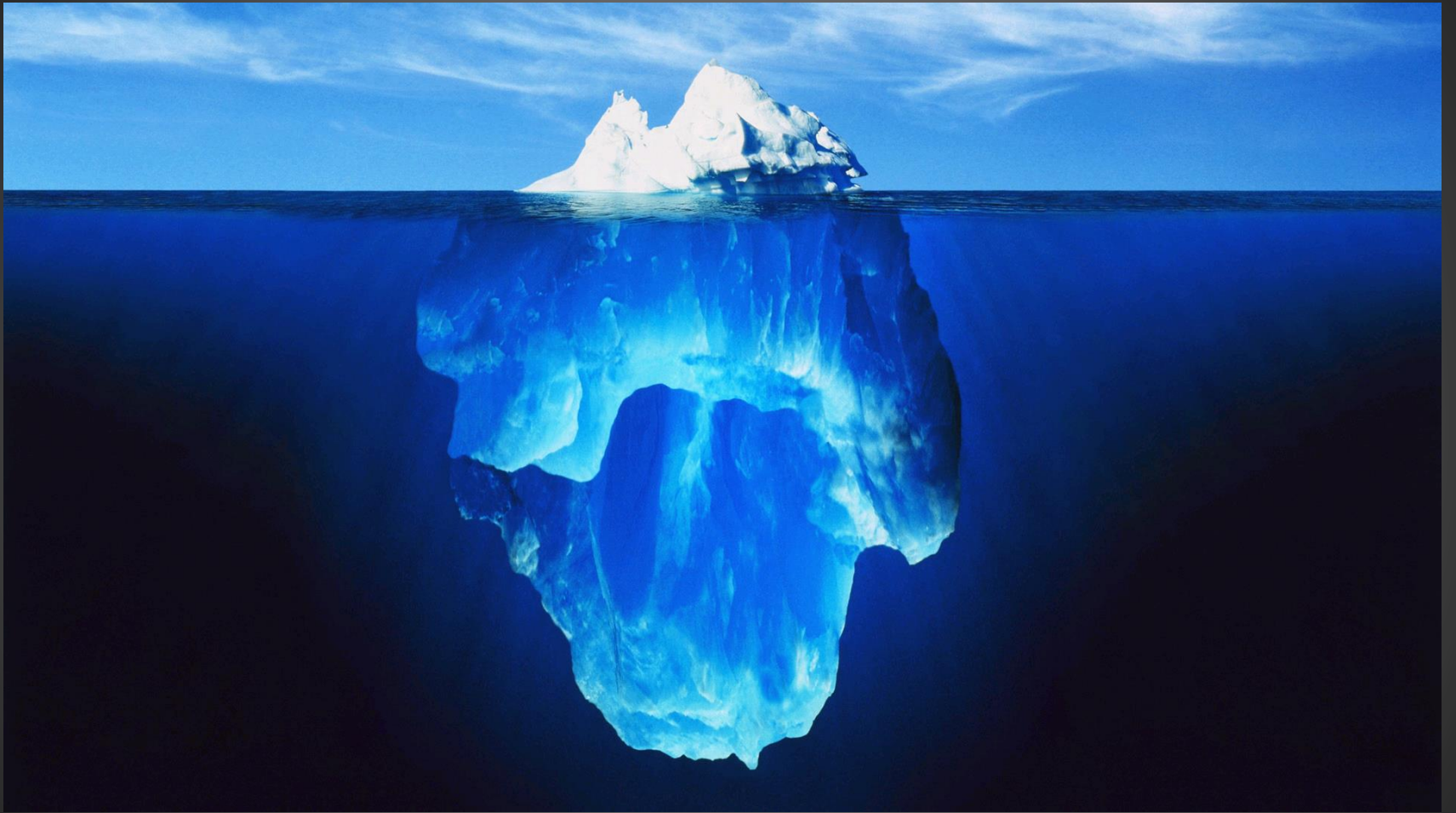
IT'S ALL RIGHT TO FEEL LUCKY

all right?

Christchurch has changed a lot and we all see things a little differently. And that's all right.



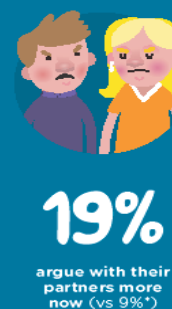
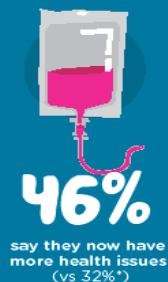
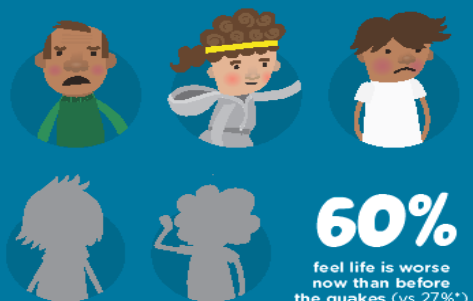






THE HUMAN COST OF UNSETTLED EARTHQUAKE CLAIMS

Our research shows that many people with unsettled claims are among those Cantabrians having a particularly tough time.



What can you do to look after yourself and others?

There are lots of stressors we can't control, but making time for the little things that are important to us can make a real difference to the people around us and the way we feel.



*For those with settled claims

Not All Right? If you're finding it hard to cope, call the Canterbury Support Line on 0800 777 846.

allright.org.nz

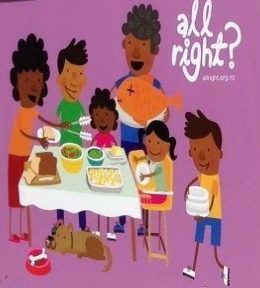
all
right?



all right?
allright.org.nz

WHEN DID YOU LAST SHARE KAI WITH THE WHANAU?

Good food tastes even better with the ones we love.



all right?
allright.org.nz

fb.com/allrightnz

WHEN DID YOU LAST SHARE YOUR HIDDEN TALENTS?

Everyone wins when we pass on our skills and passions.



all right?
allright.org.nz

fb.com/allrightnz



LIFE'S FULL OF UPS AND DOWNS.
WHERE ARE YOU, YOUR FRIENDS, AND WHĀNAU AT?
VISIT ALLRIGHT.ORG.NZ

THE
CANTERBURY
ROLLER
COASTER

all
right?







Te Rūnanga o NGĀI TAHU

all
right?



KAPA HAKA IS WELLBEING FOR THE SOUL

“TE KAPA HAKA TE ORANGA O TE
TINANA TE WAIRUA, TE HINENGARO,
TE KATO A O TE TINANA”

allright.org.nz

WHAEA
TIHI PUANAHI

Canterbury
District Health Board
Te Pahi Hauora o Waitaha

**THE GATES TO THIS CAR PARK AREA ARE
LOCKED BETWEEN 1830 & 0830**

Patients' & Visitors' vehicles may be released by
Hospital Security, who can be contacted at the
main reception at Christchurch Hospital.

CAR PARK CLOSED AT WEEKENDS

**IT'S
ALL
RIGHT
IF YOU'RE
OVER
IT RIGHT
NOW**

all
right?
allright.co.nz

ROADSIDE (03) 384 8729

THANKS FOR NEVER GIVING UP

Canterbury's been through a lot.
Let's remember it's often the simple
things that bring the most joy.

👍 fb.com/allrightnz

*all
right?*
allright.org.nz

WINDSHEAR

amistadium



