

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401

WHAA RAU MA TAHI

PĒPUERE

February

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



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MENTAL HEALTH

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tahi



Random Riddle:

What has to be broken before you can use it?





TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

WEEKLY WORKSHOPS

Raahina
Monday

COUCH TO 5K
9.30AM
Departing C401

TE REO RANGATIRA
9:30-11
Training Room



TECH CLUB
11-12
Care Café

Raatu
Tuesday

COUCH TO 5K
9.30AM
Departing C401

JOBSQUAD
1-2PM
Care Café

By appointment only

Raapa
Wednesday

COUCH TO 5K
9.30AM
Departing C401

WOMEN'S GROUP
11-12PM



MADJAM
11-1 PM
Training Room

NGAA TOI
1-3PM
Training Room



Raapare
Thursday

COUCH TO 5K
9.30AM
Departing C401

Depression & Anxiety Support

11:30 - 12:30PM
Training Room

STATE OF MIND
1:30-2:30
Training Room

Raamere
Friday

WAIATA
9:30-10
Training Room

GAMES CLUB
12:30-1:30
Training Room

ART O CLOCK
10:30-12
Training Room



MADJAM
1-3PM
Training Room



We look forward to seeing you :)



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Psycoffogee



LGBTQ +



EVERY FRIDAY 11:30AM - 12:30PM @ CRAVE CAFE 130 ROSTREVOR STREET, HAMILTON, NEW ZEALAND

PSYCOFFOGEE IS AN INFORMAL PEER SUPPORT GATHERING OFFERED BY CENTRE 401 TRUST. JOIN US FOR GREAT COFFEE, FRIENDSHIPS, LAUGHTER AND SUPPORT.



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We look forward to seeing you :)



Women's Group

COME ALONG AND JOIN AN AMAZING BUNCH OF LIKE-MINDED WOMEN TO DISCUSS IDEAS THAT ARE IMPORTANT AND WHAT MATTERS TO US. THIS IS A WOMEN'S ONLY GROUP FOR THE WAHINE AT CENTRE 401. WE LOOK FORWARD TO SEEING YOU!

WEDNESDAY CENTRE 401
CARE CAFE 11:00 - 12:00



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Psycoffogee



| | |
|--|---|
| Monday 10am - 11am Centre Place Food Court | Thursday UNDER 30's 4.30pm - 5.30pm Coffee Culture, 5 Cross Roads |
| Wednesday 1.30pm - 2.30pm Fastlane Fitness, Foodzone | Friday 11:30am - 12:30 pm Grave Cafe |
| Thursday 10am - 11am Hood Street Bistro | Friday 1pm - 2pm Centre Place Food Court |



Tech talk



WHAT IS A SEARCH ENGINE?



A search engine is an online tool that helps you find information on the internet quickly and easily. It works like a virtual librarian, sorting through millions of web pages to find the most relevant answers to your questions.

How Does a Search Engine Work?

1. **Crawling:** Search engines use programs called "crawlers" or "bots" to scan the internet and discover web pages.
2. **Indexing:** Once a page is discovered, the search engine stores information about it in a large database called an index. This index acts like a giant catalog of all the web pages the search engine knows about.
3. **Searching and Ranking:** When you type a query (a word, phrase, or question), the search engine checks its index and displays the most relevant results. It uses various factors, like keywords and page quality, to rank the results in order of importance.

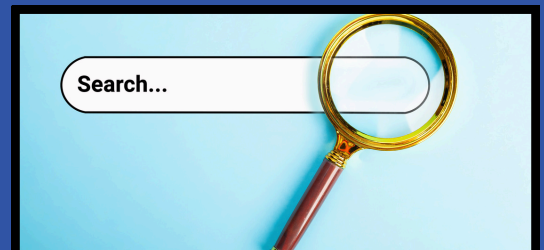
Examples of Search Engines

- Google: The most popular search engine worldwide.
- Bing: Developed by Microsoft.
- Yahoo: One of the oldest search engines.
- DuckDuckGo: A search engine focused on user privacy.



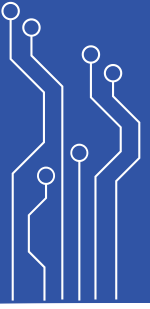
Everyday Uses of Search Engines

- Finding answers to questions.
- Looking up directions or maps.
- Searching for products, services, or businesses.
- Discovering news, videos, or entertainment.



Search engines are an essential part of the internet, making it easier for everyone to access information in just a few clicks!

Tech talk



HOW OUR GPS WORKS

A Global Positioning System (GPS) is a technology that allows you to determine your exact location anywhere on Earth. It uses a network of satellites, ground stations, and receivers to provide precise positioning information.

The Main Components of GPS

1. **Satellites:** GPS satellites orbit the Earth and send signals containing their location and the exact time.
2. **Ground Stations:** These stations monitor the satellites to ensure their signals are accurate.
3. **Receivers:** Devices like smartphones, car navigation systems, or fitness trackers that interpret signals from satellites to determine location.

How GPS Works

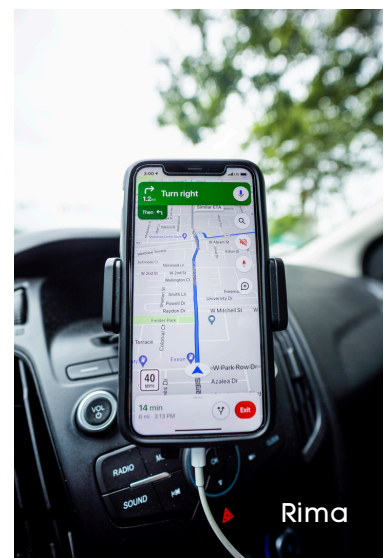
1. **Signal Transmission:** GPS satellites continuously transmit signals containing their location and the current time.
2. **Signal Reception:** A GPS receiver picks up signals from at least four satellites.
3. **Triangulation:** The receiver calculates its distance from each satellite by measuring how long it took for the signals to arrive. Using this data, it determines the user's exact position through a process called triangulation.

Everyday Uses of GPS

- **Navigation:** Finding directions while driving, walking, or biking.
- **Tracking:** Monitoring vehicles, packages, or personal fitness.
- **Emergency Services:** Helping locate people in need of assistance.
- **Geotagging:** Adding location data to photos and videos.



GPS is a powerful and widely-used technology that makes it easy to know where you are and get where you need to go!



COMMON MISCONCEPTIONS ABOUT MENTAL HEALTH

Mental health is a critical component of overall well-being, yet it remains one of the most misunderstood aspects of human health. Misconceptions about mental health contribute to stigma, prevent individuals from seeking help, and perpetuate false beliefs. Addressing these myths is essential to fostering understanding and support for those affected. Below are some of the most common misconceptions about mental health and the truths behind them.

Misconception 1: Mental health issues are rare.

Truth: Mental health challenges are more common than many people realize. According to the World Health Organization (WHO), approximately one in four people will experience a mental health issue at some point in their lives. Conditions such as anxiety, depression, and stress affect millions worldwide, making mental health a universal concern.

Misconception 2: People with mental health disorders are weak.

Truth: Mental health disorders have nothing to do with personal weakness. They are medical conditions influenced by various factors, including genetics, brain chemistry, trauma, and life circumstances. Seeking help for mental health challenges is a sign of strength, not weakness.

Misconception 3: Mental health problems only affect adults.

Truth: Mental health issues can affect individuals of all ages, including children and teenagers. Young people may struggle with anxiety, depression, and other conditions due to academic pressures, family dynamics, or social challenges. Early intervention is critical for effective management.

Misconception 4: Therapy is only for people with severe mental illnesses.

Truth: Therapy can benefit anyone, not just those with severe conditions. Many individuals seek therapy to cope with everyday stress, improve relationships, or enhance personal growth. It's a valuable tool for maintaining mental wellness.

Misconception 5: Medication is the only solution for mental health issues.

Truth: While medication can be helpful for some conditions, it is not the only treatment option. Many people benefit from therapy, lifestyle changes, mindfulness practices, and social support. A combination of approaches often yields the best results.

Misconception 6: Talking about mental health makes things worse.

Truth: Open conversations about mental health can help reduce stigma and encourage individuals to seek help. Discussing feelings and experiences in a supportive environment fosters understanding and connection.

Misconception 7: You can "just snap out of it."

Truth: Mental health conditions are not a matter of willpower. Suggesting someone can "snap out of it" oversimplifies complex issues and can invalidate their experiences. Recovery often requires professional help, time, and patience.

Breaking down misconceptions about mental health is crucial for creating a society that supports and respects individuals facing challenges. By educating ourselves and others, we can promote a culture of empathy, reduce stigma, and encourage people to seek the help they need. Mental health matters, and understanding the truth behind these myths is a step toward a healthier, more compassionate world.

THE LINK BETWEEN PHYSICAL AND MENTAL HEALTH



The connection between physical and mental health is profound and bidirectional. Our mental health can significantly influence our physical well-being, and vice versa. Understanding this link is essential for fostering a holistic approach to health care and personal well-being. Here are some key aspects of the relationship between physical and mental health.

Mental health conditions, such as anxiety and depression, can have a direct effect on physical health. Chronic stress, for example, may lead to:

- Increased risk of heart disease.
- Weakened immune system.
- Sleep disturbances, which can exacerbate other health issues.

People with poor mental health are also more likely to engage in behaviors that negatively impact physical health, such as smoking, overeating, or avoiding exercise.



Physical health problems can also take a toll on mental well-being. Chronic illnesses like diabetes, heart disease, or chronic pain conditions can lead to feelings of frustration, sadness, or hopelessness. Additionally, poor physical health may limit one's ability to participate in activities that boost mental health, such as exercising or socializing.

Exercise is a powerful tool for improving both physical and mental health. Regular physical activity can:

- Reduce symptoms of anxiety and depression.
- Improve sleep quality.
- Boost self-esteem and overall mood through the release of endorphins.



A balanced diet not only supports physical health but also plays a significant role in mental well-being. Nutrient-rich foods, such as fruits, vegetables, whole grains, and lean proteins, provide the energy and nutrients necessary for optimal brain function. Conversely, a diet high in processed foods and sugar can negatively impact mood and energy levels.

Recognizing the intricate link between physical and mental health underscores the importance of treating both as interconnected aspects of overall well-being. By adopting healthy lifestyle habits, seeking timely medical care, and addressing mental health needs, individuals can achieve a better quality of life. A holistic approach to health considers both the body and the mind, ensuring a balanced and fulfilling existence.



The importance of Mental Health Awareness

When communities understand the importance of mental health, they can create supportive networks and resources. Schools, workplaces, and organizations can play a significant role in promoting mental health awareness through programs, workshops, and access to services.

Mental health awareness is a vital aspect of creating a healthier, more supportive society. Despite growing conversations about mental well-being, stigma and misunderstandings still surround mental health issues. Promoting awareness helps to combat these challenges and fosters an environment where individuals feel empowered to seek help and support.

Mental health awareness is more than just a topic for discussion—it is a crucial step toward a healthier, more compassionate world. By reducing stigma, encouraging early intervention, and promoting open dialogue, we can create an environment where mental well-being is prioritized. Everyone has a role to play in raising awareness and supporting mental health for all.

Raising mental health awareness challenges the stigma associated with mental illnesses. When people understand that mental health conditions are medical issues, not personal flaws, they are more likely to offer empathy and support instead of judgment.



Mental health awareness encourages open discussions about emotions, stress, and struggles. These conversations can normalize seeking help and create a culture where mental well-being is prioritized just as much as physical health.



A society that values mental health awareness ultimately fosters better overall well-being. Addressing mental health needs leads to improved relationships, productivity, and quality of life for individuals and communities alike.

BUILDING EMOTIONAL RESILIENCE

Emotional resilience is the ability to adapt to life's challenges, setbacks, and changes while maintaining a sense of balance and well-being. It doesn't mean avoiding difficulties but rather facing them with strength and flexibility. Cultivating this skill can help you navigate stress, recover from adversity, and thrive in various aspects of life. Here's how you can build emotional resilience:

1. Foster a Positive Mindset

Developing a habit of positive thinking can enhance your ability to cope with difficulties. Focus on your strengths, acknowledge small victories, and practice gratitude daily. Keeping a gratitude journal can remind you of the good things in your life, even during tough times.

2. Build a Support System

Strong relationships with family, friends, or a community can provide emotional support during challenging times. Sharing your thoughts and feelings with someone you trust can ease the burden and offer new perspectives.

3. Develop Problem-Solving Skills

When faced with a challenge, break it down into smaller, manageable steps. Analyze the situation, identify potential solutions, and take proactive steps to address the issue. A systematic approach can reduce feelings of overwhelm.

4. Practice Self-Care

Taking care of your physical and mental well-being strengthens your resilience. Regular exercise, a balanced diet, sufficient sleep, and mindfulness practices such as meditation can help you stay grounded and improve emotional regulation.

5. Embrace Change

Change is inevitable, and resisting it often leads to stress. Instead, view change as an opportunity for growth and learning. Developing flexibility and adaptability can help you adjust to new situations more easily.

6. Learn from Adversity

Difficult experiences can offer valuable lessons. Reflect on past challenges and how you overcame them. This can boost your confidence in handling future obstacles.

7. Set Realistic Goals

Having a sense of purpose and direction can provide motivation and focus. Set achievable goals and celebrate your progress, no matter how small.

8. Seek Professional Help When Needed

Sometimes, building resilience requires additional support. A therapist or counselor can provide tools and strategies tailored to your needs, helping you build emotional strength.

Emotional resilience is not something you either have or don't—it's a skill that can be cultivated with effort and practice. By fostering positivity, building supportive relationships, and maintaining a healthy lifestyle, you can enhance your ability to face life's challenges with grace and strength. Remember, resilience is a journey, not a destination. Start small, stay consistent, and watch your inner strength grow.



FUNNY FARM

"jokes from you folks"



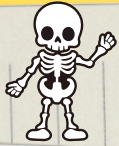
Theodore Roosevelt

"Do what you can, with what you have, where you are."

QUOTATIONS

"The best way to predict the future is to create it."

Peter Drucker



Why don't skeletons fight each other? They don't have the guts.

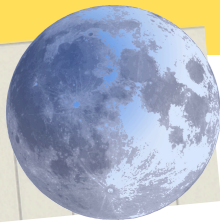


I only know 25 letters of the alphabet. I don't know y.

Why couldn't the bicycle stand up by itself? It was two-tired.



Did you hear about the restaurant on the moon? Great food, no atmosphere.



Why did the scarecrow win an award? Because he was outstanding in his field!

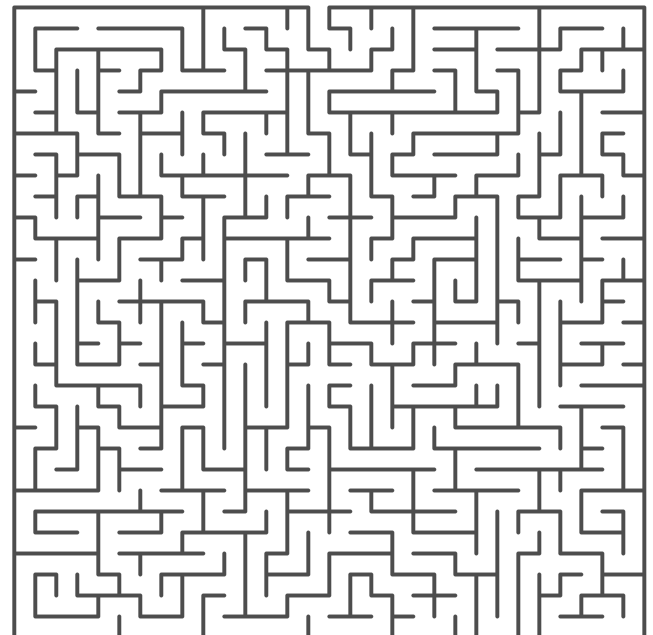
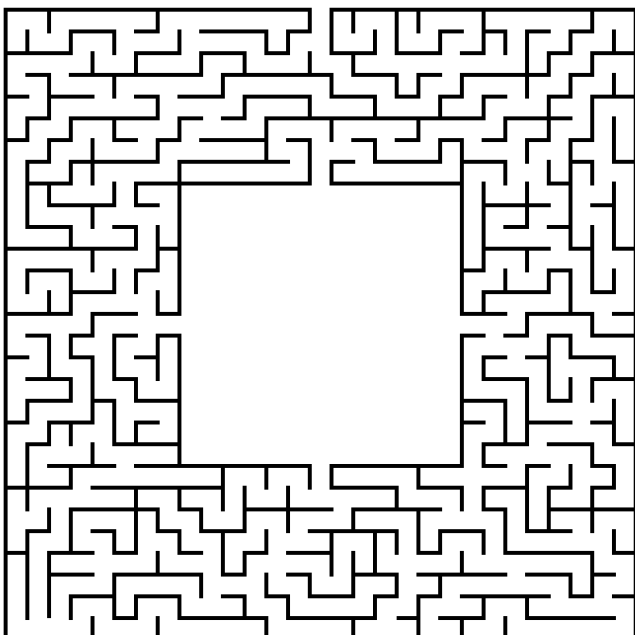
I used to play piano by ear, but now I use my hands.



If you have anything funny that you think may lift some ones mood - email to reception@centre401.co.nz

PUZZLE OF THE MONTH

tekau



PLANET 401



WHAA RAU MA TAHI

WORDFIND

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| Z | O | O | S | A | U | S | A | G | E | R | U | R | R |
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CARBON DIOXIDE

SEAFOOD

CANOPY

WATERFALL

SAUSAGE

CRAWFISH

OYSTERS

ECOSYSTEM

CAMOUFLAGE

FRENCH

HABITAT

BIODIVERSITY

BEAUTY

SEAWEED

BOTANICAL

JAZZ

CLIMATE

MOSS

TROPICAL

SWAP

QUARTER

MUSIC

WIND

CAJUN

HAVE AN AWESOME FEBRUARY!

Tekau Ma Tahi

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