

## Credentialing News

March 2022



**Te Ao Māramatanga**  
New Zealand College of Mental Health Nurses Inc

### **Kia ora Koutou,**

Welcome to this March edition of Credentialing News! Please feel free to distribute the credentialing newsletter as there are many useful resources for the non-credentialed colleagues and it might encourage your colleagues to consider credentialing in the future too. Nga mihi Lois [credentialing@nzcmhn.org.nz](mailto:credentialing@nzcmhn.org.nz) Scarlett [assessment@nzcmhn.org.nz](mailto:assessment@nzcmhn.org.nz) and Tracey [credentialing.admin@nzcmhn.org.nz](mailto:credentialing.admin@nzcmhn.org.nz)

### **Health promotion opportunities and resources**

This month's theme: Wellbeing

As we are all being challenged by the omicron variant, our own wellbeing and the wellbeing of our whanau and community is even more important as we must prioritise and balance our own health and wellbeing amongst caring for those around us. The workplace risk of burnout and poor mental health is very real and finding resilience boosting strategies that work for you, is very important. Please make the time to access this webinar from The Goodfellow Unit

<https://www.goodfellowunit.org/events/self-and-team-care-keeping-connected-what-matters>

This series of useful information/handouts about physical activity/Hauora tinana, stress/Taamitanga, sleep/Moe and relaxation/Mauri tau are good quality resources to promote wellbeing

<https://www.tepou.co.nz/resources/te-hikuwai-resources-for-wellbeing-physical-activity>

<https://www.tepou.co.nz/resources/te-hikuwai-resources-for-wellbeing-stress>

<https://www.tepou.co.nz/resources/te-hikuwai-resources-for-wellbeing-sleep>

<https://www.tepou.co.nz/resources/te-hikuwai-resources-for-wellbeing-relaxation>

### **Professional Development**

Conversations That Create Hope introduces Solution Focused Brief Therapy (SFBT) is a solution focused training that focuses on exploring individual's strengths, personal resources and future hopes rather than problems, illness, weakness or deficits. One of the great things is that you don't have to be a therapist to use it, and this presentation will highlight that anyone can use SFBT in any situation where a person wants something to be better but may not know how to go about doing it.

<https://www.tepou.co.nz/events/conversations-that-create-hope>

Le Va support Pasifika families and communities to unleash their full potential and have the best possible health and wellbeing outcomes.

They produce some excellent workforce resources and training opportunities which are detailed on their website, [www.leva.co.nz](http://www.leva.co.nz) and have recently asked young people about their hopes and dreams for the future. Interesting reading to consider the perspectives of 6-16 year olds. [We asked and they answered - our children's hopes and dreams for 2022 and beyond - Le Va](#)