

# Credentialing News



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

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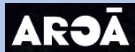
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## Itiiti rearea, teitei kahikatea ka taea

Although the rearea is small it can ascend the lofty heights of the Kahikatea tree.

Welcome to this edition of Credentialing News! Please feel free to distribute, as there are many useful resources, and it might encourage your colleagues to consider credentialing in the future too. Also, feel free to let us know about resources you come across in your mahi, that we can share with others.

## Resources



This resource created by Te Aka Whai Ora allows users to take a mindful moment to find a resource that works for them. It looks and sounds like a forest. The user clicks through and can choose what is best for them in the moment, be it a Karakia or a breathing exercise etc and will guide a person to a resource that could help them based on their responses.

[https://www.aoroawellbeing.co.nz/?gclid=Cj0KCOjw2qKmBhCfARIsAFy8buLWoYmo\\_XFjXbkaEYI12e8Pz3oRMGY62PdS-4h6mKln09-Gtmk7\\_AlaAommEALw\\_wcB&gclid=aw.ds](https://www.aoroawellbeing.co.nz/?gclid=Cj0KCOjw2qKmBhCfARIsAFy8buLWoYmo_XFjXbkaEYI12e8Pz3oRMGY62PdS-4h6mKln09-Gtmk7_AlaAommEALw_wcB&gclid=aw.ds)

**Te Pou** have a selection of resources available around worker wellbeing, especially but not limited to those in health provider positions. It has resources for looking after your own wellbeing and information for creating a Mentally Healthy Workplace.

<https://www.tepou.co.nz/initiatives/lets-get-real/worker-wellbeing>

## New Research

**An exploration of loneliness experienced by people living with mental illness and the impact on their recovery journey: An integrative review.**

This research paper gives an overview of past research and combines this research's findings with the existing knowledge around loneliness and mental health, to inform future action. People who are living with a mental illness have higher rates of loneliness and social deprivation which can be a contributing factor of poor quality of life and lower rates of recovery. Please click the link below to read the full paper.

<https://onlinelibrary.wiley.com/doi/full/10.1111/jpm.12945?campaign=wolearlyview>

## Professional Development

Whāraurau is running a webinar called 'Trauma-informed wellbeing for Asian whānau' with 6 speakers that will share their knowledge and perspectives as professionals experienced in the fields of trauma and cultural diversity. The focus is on learning how to best support our Asian whānau who have experienced trauma. This event will run on the **10<sup>th</sup> of August from 12pm-4:30pm.** <https://wharaurau.org.nz/events/trauma-informed-wellbeing-asian-whanau>