

Credentialing News



Te Ao Maramatanga
New Zealand College of Mental Health Nurses Inc

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Whakataukī *He maonga āwhā - The Calm After the storm*

Welcome to this edition of Credentialing News!

Please feel free to share this newsletter with colleagues and let us know about resources you come across in your mahi, that we can share.

This month's whakataukī was chosen for its meaning but also its irony. There is calm after a storm but there is also distress that can be long lasting. Learning to navigate this type of resilience is difficult, whether the storm is literal or not.

This links to the resources for this month from Farm Strong. Farm Strong has recently launched new resources to support farmers' mental well-being through extreme weather events. Farmers share their experiences and how they were impacted. With exercises backed by recent research that focuses on improving mental well-being and supporting during stressful times, these resources will be great for the resource kete of rural health workers and those working with people impacted by serious weather events. They have made a podcast for those who like to learn through listening or don't want to read long resources. The podcast series is called 'Getting Through' and interviews farmers who have been through serious weather events.

<https://farmstrong.co.nz/wellbeing-topics/>



Research



A new Article from the Brainwave Trust Aotearoa This article is designed to help people who are supporting tamariki who are experiencing high levels of stress. Stress is a natural and normal part of life but too much of it can be harmful and is considered toxic stress. Whether it's supporting your own tamariki, mokopuna, or Tamariki you are working with you may find this article useful to inform your practice or to share with others.

<https://click.update.mentalhealth.org.nz/?qs=75637d54c5bead94645a3caa8caf9eed47ef0eed4811a0ad14a33dcbcd0127d55de4e178019846b3a8d61afa46df391bc909331929baec67>

Professional Development

Looking for interesting ways to use your professional development hours? Here are some potential learning opportunities.



The Heart Foundation- Specifically designed for primary healthcare nurses there are 6 free courses that all take an hour each. The courses cover heart health, rheumatic fever, coronary artery disease, and more. The courses increase in difficulty as you learn or refresh your understanding.

<https://www.heartfoundation.org.nz/professionals/health-professionals/elearning-nurses>