It's Summer!

We hope you'll have a great summer!
Here are some tips to keep in mind when having fun and getting out in the sun with friends and family.

Take time to take care

The festive season and holidays can be stressful for many. Taking small steps to protect your wellbeing can help you on the path to enjoying life again.

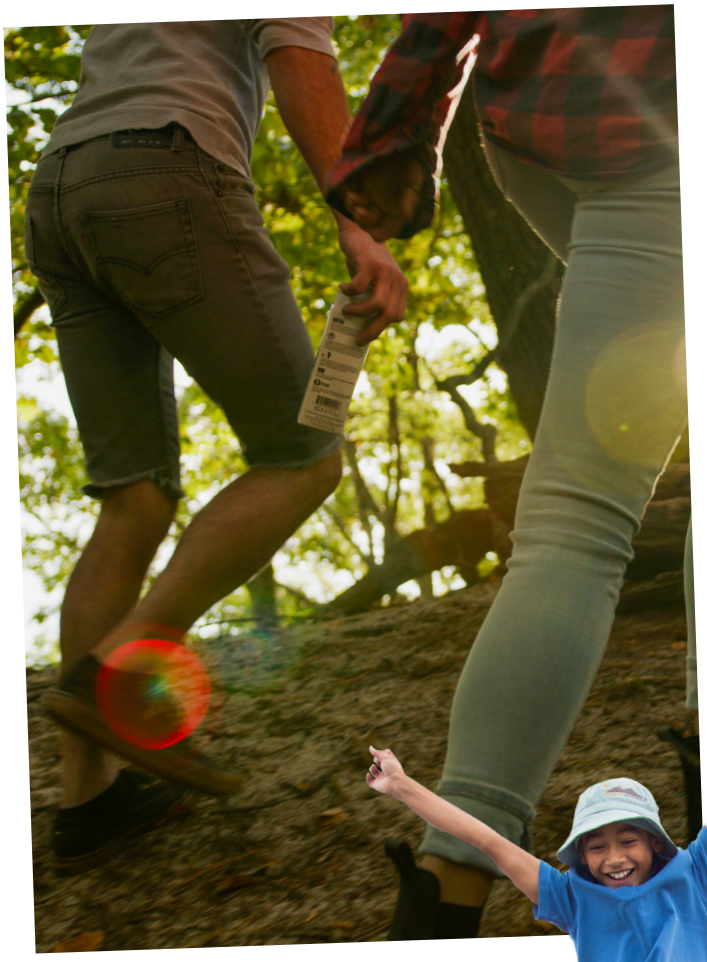
- Go to the beach or bush, listen to the sounds of nature and smell the fresh air.
- Get out and do something physical, go for a walk, a run, or to yoga.
- Get your hands dirty in the garden.
- Meet up with friends.
- Help out at the local community centre or marae.
- Make a meal.

Depression.org.nz has more information and tools like The Journal that can help you and your whānau take small steps to get well and stay well.

Eat well

- Summer means lots of low cost fruits and vegetables, so get creative and make tasty dishes. Go to healthykids.org.nz for easy, low cost ideas.

- Choose different coloured fruits and vegetables.
- Start the day with breakfast.
- Choose less processed foods – whole grains and fruits are best.
- When choosing packaged foods, look at the product label – some foods may be low in fat but high in sugar or salt.
- Use the health star rating to compare similar processed foods – the more stars the better.
- Have a healthy snack before you go to parties or social functions.



Being healthy, inside & out

Move more

- Join in the games with the kids – they'll be delighted and you'll have fun. See healthykids.org.nz for ideas.
- Take a beach ball, a frisbee, or a cricket bat and tennis ball to the park for some family fun.
- Hula hoops, skipping ropes or beach balls are perfect toys for adults and children alike.
- Explore the beach or bush walk in your local area.

Host with the most!

Got people coming over? It's a good idea to...

Put on great kai

Food that's healthy but filling and sustaining is best. Offer lots of vegetable dishes to go alongside what's on the grill.

Say, "Yeah, Nah"

Not everyone wants to drink alcohol and it's good for all of us to opt for non-alcoholic drinks. Make sure you offer non-alcoholic alternatives, including plenty of water.

Plan diversions

Parties are about more than just drinking. Organise games, swimming or dancing so there's less focus on alcohol and more focus on fun.

Let people finish their glass

It's hard to keep track of how much you've had to drink if someone keeps topping your glass up.

Keep an eye on young people

Whether that's the kids – especially around vehicles or water – or young adults who might need guidance around alcohol. (Remember, young people take their cues from you, including whether you drink responsibly.)

Be SunSmart

Make sure there's shade and sunscreen on hand – see below for more about the five SunSmart steps.

Get home safe

Encourage people to make a plan to get home safe. Carpooling (with a sober driver) or sharing taxis is a good plan.

Be prepared to open your home to overnight guests who need somewhere to stay the night.

Stay SunSmart

Use the five SunSmart steps

Remember to be SunSmart – have sunscreen on hand for top ups. Also, is it time to have your skin checked? It could save your life.

hpa health promotion agency
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