

**Life should be easy peasy lemon squeezy
What if you feel depressed stressed lemon zest?**

Access and Choice and Brief Intervention are best.



Gabes Mills Access and Choice

Chris Lundy Brief Intervention Service

13th October 2023

Taha Tinana

Sleep
Exercise
Safety
Healthy Kai

Taha Hinengaro

Forgiveness
Compassion
Kindness
Boundaries

*Te Whare
Tapa Whā
Self Care*

Taha Wairua

Meditation
Nature
Connection
Sacred Space

Taha Whānau

Identity
Learning
Rest
Authenticity

Which presentations in your practice
would you like support around?

Self care

Play / what do you do for fun?

Self compassion

Emotional regulation

Tools

Regulated breathing

What it is like having **Depression** & **Anxiety**

Not caring about
anything

BUT ALSO...

caring too much
about *everything*

Feeling so *physically exhausted* you struggle
to have a shower

BUT ALSO...

Feeling so *physically restless* you can't / don't
know how to stop moving

Feeling hopeless / having *no urge to be productive*

BUT ALSO...

Being *scared of failure*

Not wanting to be
lonely

BUT ALSO...

Too *overwhelmed* at the
thought of *socializing*

Feeling *paralyzingly numb*

BUT ALSO...

Feeling *scared / everything at once*

Interventions

Breathing

Grounding

Mindfulness

Online resources

Apps.

Smiling Mind

Headspace

Andrew Johnson – breathing, relaxation exercises

Web sites

Just a thought

<https://www.justathoughtco.nz>

SPARX

[Nau mai haere mai | SPARX](#)

SPARX e-therapy equips young people and rangatahi with life skills to power through stressful and negative emotions.