

TAKING TIME OUT FOR OURSELVES (FACT SHEET 2)



StandingTallNZ.org

Whaia te maatauranga hei oranga mo koutou

START HERE

People deal with pain in different ways. Some of us avoid the problem hoping it will go away. Others fill their lives up to keep busy but still feel empty inside. In either case you may need to set some limits and get support from others. At StandingTallNZ we have created a world first approach to guide you through tough times. This process is called CALI ©

USING CALI © - (Create A Little Inner-peace)

- **C**reate a clean space. There is strong academic evidence that creating a space that is clean and not full of clutter can instantly reduce anxiety and depression. It can calm our mind and body and put us at ease. Whether it is your bedroom, your car or somewhere else you access daily, create and keep that clean space and notice the difference to how you feel.
- **A**. Adapt, Attitude and Activate are action words that begin with "A." If you are waiting for everything to be perfect in order to get started you will be waiting forever. Things will never be perfect. To find a way forward we need to adapt to situations, have an attitude that we will succeed and soldier on with our goals. Support people increase our chances of being able to do this successfully so reach out and ask for help.
- **L**ittle actions add up to big change. This core message is simple yet very effective. By changing small things and sticking with them over the long haul, you can make very big changes in your life. Whether it's making your bed in the morning, going for regular exercise or changing your diet, notice how little things you do have big consequences in the long term.
- **I**nnner-peace isn't that hard. You can achieve it with actioning the above and being open to getting support. This will create calmness, balance, gratitude, and happiness,

LAST TIP

Access our resources, videos and helpful information by going to our website and platforms below

WWW.STANDINGTALLNZ.ORG

