



**Tūtawa mai i runga
Tūtawa mai i raro
Tūtawa mai i roto
Tūtawa mai i waho
Kia tau ai
Te mauri tū, te mauri ora
Ki te katoa
Haumi e, hui e, tāiki e**

Come forth from above
..below, within,
and from
the environment
Vitality
and wellbeing for all
Strengthened in unity

I Want to
THRIVE
not just
SURVIVE!



“When you have nobody you can make a cup of tea for; when nobody needs you, that’s when I think life is over.”

Audrey Hepburn



7 Types of Loneliness

1. **New-situation loneliness.** You've moved to a new city where you don't know anyone, or you've started a new job, or you've started at a school full of unfamiliar faces. You're lonely.
2. **I'm-different loneliness.**
3. **No-relationship loneliness.** Even if you have lots of family and friends, you feel lonely because you don't have the intimate attachment of a romantic partner. Or maybe you have a partner, but you don't feel a deep connection to that person.
4. **No-animal loneliness.** Many people have a deep need to connect with animals. If this describes you, you're sustained by these relationships in a way that human relationships don't replace.
5. **No-time-for-me loneliness.** Sometimes you're surrounded by people who seem friendly enough, but they don't want to make the jump from friendly to friends.
6. **Untrustworthy-friends loneliness.** Sometimes, you get in a situation where you begin to doubt whether your friends are truly well-intentioned, kind, and helpful.
7. **Quiet-presence loneliness.** Sometimes, you may feel lonely because you miss having someone else's presence.

A recent study suggests that our feelings of connection don't just make us feel good; they also make us do good.



How to survive (and thrive) when life throws you a challenging situation

The ability to take control of our life without being blown off course by its circumstances.

- **Self-efficacy** is a belief and confidence in our own capacity to exert control over our motivation, behaviour, and social environment.



- ❖ Connect to and stay in the stretch zone to build up your confidence.
- ❖ Set realistic goals and rejoice in that success.
- ❖ Look at the bigger picture, look beyond your circumstances.
- ❖ Reframe the obstacles that stop your attainment.
- ❖ Have strong emotional and rational motives towards self mastery.

**SELF
EFFICACY**

- ❖ Growing into a realisation and fulfilment of our fullest potential.
- ❖ To make the most out of our physical, mental, social and spiritual health.



- ❖ Being clear on how you want your life to be.
- ❖ Cultivate a mind that is open to change.
- ❖ De-rail negative trains of thought to positive thoughts and feelings.
- ❖ Invest the time and effort because it takes time and effort.
- ❖ Upgrade your attitude to one of ongoing growth and transformation.

**SELF
MASTERY**



- Kia hora te marino
Kia whakapapa pounamu te moana
Hei huarahi mā tātou i te rangi nei
Aroha atu, aroha mai
Tātou i a tātou katoa
- May peace be widespread
May the sea be like greenstone
A pathway for us all this day
Let us show respect for each other

