



Stay Home, Stay Well, Stay Sane

Staying well means more than avoiding Covid-19. Now is a perfect time to take a look at your life and understand what healthy really means. It's more than just physical health. We also need to have a healthy mind, healthy feelings and healthy relationships, as they're all linked together.

Most of us are used to doing **Safe Behaviour Observations** in the bush. So why not do one on yourself?

Use this form, think about the examples, ask yourself the questions, draw a table and write down your answers.



Healthy Mind

What helps me?

EXAMPLE

Hunting/fishing; Staying positive; Setting/achieving goals

What hurts me?

EXAMPLE

Negativity; Failure



Healthy Feelings

What helps me?

EXAMPLE

Feeling part of a team; Getting good feedback

What hurts me?

EXAMPLE

Feeling alone, unappreciated, like a failure



Healthy Relationships

What helps me?

EXAMPLE

Whanau; Crew; Work

What hurts me?

EXAMPLE

Negative people; Sometimes social media



Healthy Body

What helps me?

EXAMPLE

Eating well; Walking the dogs; Going for a bike ride – You don't need to be a gym junkie

What hurts me?





EXAMPLE

Too much drinking; Smoking; Drugs; Sitting on the couch; Not sleeping properly

Like all good Safe Behaviour Observations we will have corrective actions. So use the table below to write down your actions.

Come back to it at the end of the week and see how you are tracking.

Talk to people close to you about what you find, and ask them to help with the action plan.

	 Healthy Mind	 Healthy Feelings	 Healthy Relationships	 Healthy Body
STOP	EXAMPLE Focusing on failure	EXAMPLE Feeling alone – there is always someone who will listen	EXAMPLE Isolate unhealthy relationships with people or networks	EXAMPLE Drinking too much
START	EXAMPLE Trying to see positives in every situation	EXAMPLE Being positive when giving and receiving feedback	EXAMPLE Focusing on positive relationships that make me happy	EXAMPLE Exercising and sleeping more
CONTINUE	EXAMPLE Hunting and fishing once the lockdown ends	EXAMPLE Teamwork	EXAMPLE Being there for others	EXAMPLE Eating well