



Brief Precis from  
Not-for-Profit Managers' Peer Support Group Meeting  
2 June 2017

[Not-for-Profit Managers' meetings hosted by Volunteering Canterbury are held on the first Friday of each month, at Christchurch Community House, to provide an opportunity for NfP Managers to share information, successes and challenges with their peers. As well as this opportunity a specific topic is introduced each month and, where possible, a guest speaker shares their knowledge on the subject. For more information on these meetings, email: [outreach@volcan.org.nz](mailto:outreach@volcan.org.nz)]

## SELF CARE AND WELLBEING

Michelle Withers from *Reflexable* joined us. Michelle's former career in IT took her from government departments here in NZ to large corporations in the UK, where she realised there was a compromise to her wellbeing from working too hard! Returning to New Zealand she began training in alternative-type tools for wellbeing and today she is a member of the South Island Reflexology Group, running a private practice in reflexology, relaxation massage and more. For more about what Michelle offers, check out her website, [www.reflexable.co.nz](http://www.reflexable.co.nz).

We all agreed that in terms of the Health and Safety responsibilities for employers, those most usually discussed (and addressed) were around the 'safety' aspect of the Act. Wellbeing, though, is increasingly being acknowledged by businesses, particularly larger corporates, with the introduction into human resource management of employee wellbeing policies.

Michelle shared some simple tips and resources of techniques/trainings on offer in our city. The strongest recommendation, though - particularly for those of us who find ourselves in an office all day - was to get out for at least ten minutes, in the daylight, each day. Although many wellbeing techniques take time - and motivation - to implement, another tip was the installation of a programme on computer screens which minimises the 'blue light' which is often associated with negative impact on the brain. One such programme is available at <https://justgetflux.com>.

A simple breathing technique was also shared. You can print your own 'how to' instructions at <https://my.clevelandclinic.org/health/articles/diaphragmatic-breathing>

Michelle left us with:

*The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.*

*These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.*