

Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



July 2025

Kia ora Koutou,

Welcome to the July edition of the Te Korowai Whakaruruhau (Health, Safety and Wellbeing Service) Newsletter. In this edition, we're excited to share the latest resource from Habit Health, designed to support your journey toward better health and wellbeing.

We aim to provide helpful information to aid you in staying safe, healthy, and thriving—both at work and at home.

Let's dive in and take a step toward a healthier, safer you!

In this issue we look at:

- A guide to managing low mood in winter
- Health and Safety Rep Conference 2025
- Emergency preparedness
- eapservices new wellbeing resource and wellbeing calendar
- Vaccinations
- Advice for campus attendance when unwell and displaying symptoms
- Damstra
- HSW Rep Community of Interest Group (CoI)
- Courses and training dates
- Whakatauki

Angus Clark
Associate Director – HSW

A guide to managing low mood in winter

As the days get darker and colder, some of us may feel our mood or energy levels decrease. There are actions we can all take to care for our mental wellbeing during the colder months.

There are actions we can all take to care for our mental wellbeing during the colder months, set out below:

Reframing our winter mindset

In Northern Norway, where the winter days can be as short as three hours, locals sustain their mental wellbeing by seeing winter as a challenge rather than a threat. By viewing shorter days as something that they can work through rather than something that will knock them back, they focus on building personal resilience. This mindset can be helpful in many areas in our lives where we are facing challenges.

In te ao Māori, winter is a time for rest, reflection, and nourishment. It's a season of stillness, so it makes sense to slow down and be gentle with ourselves. Winter is also when Matariki (the Māori New Year) takes place, a celebration that invites us to reflect on the past and plan for the future.

You could help reframe your winter mindset by:

- ✓ Making a winter 'bucket list'
- ✓ Celebrating winter
- ✓ Practising taking notice
- ✓ Embracing hibernation

Planning a winter routine

Routine can help us to consistently practice habits that uplift our mental wellbeing. Having a routine helps our brains to feel more relaxed and in control.

You could build a winter routine by:




- ✓ Making a wellbeing plan
- ✓ Keeping up activities from your summer or autumn routine that worked for you.
- ✓ Creating a proactive plan to support your wellbeing

Caring for your holistic wellbeing

Our mental wellbeing is just one part of our overall wellbeing. By looking after our taha tinana/physical wellbeing, taha wairua/spiritual wellbeing and taha whānau/family wellbeing, and connecting with the whenua (land), we can support our mental wellbeing in turn. When all facets of our wellbeing are in balance, we thrive. To understand more about this model of holistic wellbeing, read more about [Te Whare Tapa Whā](#).

(Mental Health Foundation of NZ)

HSW Rep conference 2025


 **Save the Date!**  The HSW Rep conference 2025 is being held  **September 2nd, 2025**. This is a special day dedicated to celebrating and empowering our incredible HSW Reps who volunteer their time to keep our workplaces safe and supportive. Details regarding registration will be shared shortly.

Emergency Preparedness

Being prepared and knowing how to respond during an emergency can significantly improve your chances of staying safe.

Preparedness not only enhances physical safety—it also helps reduce anxiety and stress. When you know what to do, you gain a sense of control and confidence, which is vital for your mental wellbeing during and after an emergency.

We encourage all members of our work community to take an active role in educating and informing others. Ensuring everyone is well-prepared and aware of emergency procedures is key to a safe and resilient environment.

 Learn more about how to protect yourself and others during an emergency at the University: [Emergency information](#)

Safety Tips for Winter

Wet Weather Safety

1. Wear appropriate footwear: Choose shoes with good grip to prevent slipping on wet surfaces.
2. Use waterproof clothing: A raincoat, umbrella, and water-resistant bag help keep you dry and comfortable.
3. Watch your step: Be cautious of slippery footpaths, puddles, and uneven surfaces.
4. Avoid flooded areas: Don't walk through deep water—it may hide hazards or be contaminated.

Shorter Daylight Safety

1. Stay visible: Wear bright or reflective clothing, especially if walking or jogging near roads.
2. Stick to well-lit areas: Choose routes with good lighting and avoid isolated or dark paths.
3. Keep your phone charged: It's essential for navigation, emergencies, or contacting someone if needed.
4. Be aware of your surroundings: Avoid distractions like loud music or texting while walking.



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Waipapa Taumata Rau
NEW ZEALAND



eapservices

Focus on Wellbeing in 2025

Keep an eye out for our newsletters, free webinars and e-learning modules to enhance the health and wellbeing of your team.



EAP Services are part of the wider Habit Health Group. As all UoA staff are eligible to use EAP, you are also now able to access Habit Health's Wellbeing Hub: [Sign Up | Habit Health Wellbeing Hub](#)

February Finances

Take charge of your financial wellbeing.
Build financial confidence with our habithealth+ app.



March Neurodiversity

Embrace the power of different thinking.
Create spaces where every mind can thrive with our webinar.



April Fatigue

Protect yourself and your team by managing fatigue.
Improve your sleep with the habithealth+ app.



May Pink Shirt Day

Are you an upstander or a bystander?
Stand up to bullying and take action with our e-learning module.



June Diversity & Inclusion

Celebrate diversity, unity and new beginnings this Matariki.
Embrace diversity and inclusion with our webinar.



July Connection

Strong relationships are the cornerstone of mental health.
Encourage connection with others through our e-learning module.



August Women's Health Awareness

Learn about women's health at every stage of life.
Check your health with our self-check Warrant of Fitness.



September Food & Mood

What you eat fuels how you feel.
Improve your nutrition with our e-learning module and habithealth+ app.



October Mental Health Awareness Week

Focus on your wellbeing at home and in the workplace.
Join in daily Mental Health Awareness Week activities.





Check out the latest resource offered by Habit Health



Focus on Wellbeing in 2025

Explore our collection of free resources designed to support your health and wellbeing. These materials are available for 6 weeks after release—take the opportunity to experience them now!

Select your resources below:



Connection eLearning
Coming in July!



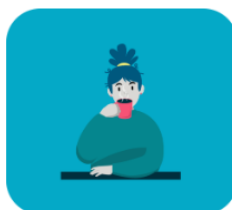
Diversity Webinar
Expires: 4th August 2025



Bullying eLearning
Expires 27th June 2025



Neurodiversity



Menopause

Vaccinations

As we head into the depths of winter and colds/ flu/ covid/ RSV all becoming more prevalent, you can still protect yourself with vaccination.

Flu vaccinations continue to be available free for eligible staff and students at Campus Pharmacy – no appointment necessary. The friendly staff will be able to advise on which vaccination is recommended.

The Unichem Campus Pharmacy also offer a range of other vaccinations including:

Meningococcal – This is free for all first-year students living in halls. Find out more about meningococcal disease and immunisation [here](#).

Measles Mumps Rubella – MMR free for all students

Tetanus, diphtheria, whooping cough vaccine (Boostrix)

Find out more about these vaccines [here](#).

Dates in July

July is Mindfulness Month. <https://mindfulnessmonth.co.nz/>

Advice for campus attendance when unwell and displaying symptoms

Protecting our university community from communicable illness and diseases, such as colds, influenza (flu) and other viruses is essential. It helps us to stay safe and to ensure our staff and students can meet their learning and professional goals.

There are several ways we can protect ourselves and others, including vaccination, regular handwashing, mask wearing and staying away from campus when displaying symptoms.

You are at your **most infectious** and **likely to pass on your illness when you start displaying symptoms such as fever, coughing, headache, and/or a runny nose**. If you have any of these symptoms, consider studying or working from home instead. If you're unable to do so, you are strongly encouraged to wear a mask on-campus to prevent any infections passing onto your friends and colleagues.

When to Seek Medical Advice

Seek medical assistance if you have any of the following symptoms – even just one or two:

- Headache
- Feeling sleepy/ drowsiness
- Fever
- Stiff neck
- Light sensitivity
- Vomiting
- Joint pain

If you are enrolled with the [University Health and Counselling Service](#), you can make phone appointments.

For information on Covid-19, read the [latest Te Whatu Ora guidance](#).

Damstra



Damstra is the University of Auckland's reporting tool. You can [report an injury, incident or observation](#).

Effective reporting leads to a stronger safety culture. Reporting helps identify health, safety, and wellbeing trends and prevents future incidents.

HSW Rep Community of Interest Group (CoI)

University of Auckland Rep Community of Interest Group members and its committee represents everyone at the University and brings a level playing field of representation from across the University into the Senior Leadership HSW Committee meetings. Our last meeting was held on 17 June at a unique space being the Arts and Education Blackbox Studio, an interesting space which normally we would not get the chance to visit. Thank you to Tim Signal for hosting the CoI.

At the meeting Dave Lewis, HSW Manager discussed the upcoming ACC Audit, Angus Clark spoke on the topic of Critical Risk and Tim Signal let the group know that the Leadership Committee has allowed time at each of their meetings for questions and feedback from the CoI.



Request to join the HSW Rep Community of Interest Group via hsw@auckland.ac.nz

Courses and training dates

➤ [Fire Safety and Warden Training](#)

The University of Auckland offers Fire Safety training to equip our employees with the skills needed to effectively prevent and respond to fires, reducing the risk of property damage, injury, and loss of life.



Fire Warden e-Learning will be available on August 26, 2025, from 10am-11:30am **for those in remote locations** unable to attend the in-person sessions. Attendees to the online course are required to have access to a webcam, which must remain on for the duration of the session, to ensure full participation. Staff from the City, Grafton and Newmarket campuses are expected to attend the classroom training sessions taking place on campus.

➤ [Health and Safety: Role of a Leader and Manager](#)

Managers are legally responsible for keeping the workplace safe for students and staff.

This workshop will outline how to develop a proactive culture of health, safety and wellbeing, and aim to assist leaders and managers in understanding their roles and responsibilities in the management of health and safety at the University.

As a leader and manager, you have a critical role in developing a safe and healthy work environment for your staff and students. This workshop will provide information on the University's new policy, expectations, and guidance on how to lead and manage health and safety within your areas.

- [First Aid Refresher](#)
- [Comprehensive First Aid Course \(with Online Pre-Learning\)](#)
- [Health and Safety Representative Training: Stage 1](#)
- [Health and Safety Representative Training: Stage 2](#)
- [Moving and Handling Training \(Manual Handling\): On-demand sessions](#)
- [Chemical Safety Management in Labs](#)
- [An Introduction to Personal Safety & De-escalation: On-demand sessions](#)
- [Mental Health 101 \(MH101\)](#)
- [Incident Management & Investigation course](#)
- [Risk Assessment](#)

Your HSW team

Should you need to contact the University of Auckland's Health, Safety and Wellbeing Team your contacts can be found [here](#)

Whakatauki



(Koakoa Design)