

Mental Health
Awareness Week

6-12 | 20
OCT | 25

Health New Zealand
Te Whatu Ora
mhaw.nz


mauri iā, mauri ora
Mental Health
Foundation
OF NEW ZEALAND

Find ways to
**TOP
UP**

5

Ways to
Wellbeing


windsor park
baptist church


equip
moemoeā ngā wewata



Auckland
Church
Network
Ranga Te Tira Hāhi

MĀ TE WHAKARONGO, KA MŌHIO
through listening, comes knowledge

MĀ TE MŌHIO, KA MĀRAMA
through knowledge,
comes understanding

MĀ TE MĀRAMA, KA MATAU
through understanding, comes wisdom

MĀ TE MATAU, KA ORA
through wisdom, comes wellbeing

TOP UP together

Mental illness continues to have a significant impact in Aotearoa, with 1 in 4 people experiencing mental distress. This year's Mental Health Awareness Week (MHAW) theme, "Top Up Together", reflects the heartbeat of Windsor—reminding us that wellbeing is strongest when shared within community.

The aim of this booklet is simple: to help you top up your wellbeing through the Five Ways to Wellbeing:

- **Me Whakawhanaunga / Connect**
– We were designed to do life together (Hebrews 10:24–25).
- **Tukua / Give** – When we give, we reflect Christ's love (Acts 20:35).
- **Me Kori Tonu / Be Active**
– Caring for our bodies honours Him (1 Corinthians 6:19–20).
- **Me Aro Tonu / Take Notice**
– Slowing down helps us see God's goodness (Psalm 46:10).
- **Me Ako Tonu / Keep Learning** – God equips us with wisdom to navigate life's challenges (Proverbs 4:7).

The Bible doesn't shy away from mental and emotional struggles.

Elijah, David, and Job all wrestled with despair, loneliness, and anxiety—yet they turned to God in honesty and prayer. The Psalms remind us that God is close to the brokenhearted (Psalm 34:18) and offers peace beyond understanding (Philippians 4:6–7).

God has also given practical tools to support our wellbeing: the Five Ways above, counselling, medical support, and even medication when needed. These are not signs of weakness, but reflections of His wisdom and care.

Social connection brings purpose, belonging, and a sense of being valued. Shared experiences—volunteering, learning, physical activity, cultural practices, or simply time together—positively impact mental health.

Use this booklet as a guide to nourish your *oranga*, uplift others, and experience the joy of topping up together. May this resource guide you this week—come along to one or two of our events and delve fully into topping up, together.

Nāu te rourou, nāku te rourou, ka ora ai te iwi. With your food basket and mine, the people will flourish.

Connect

ME WHAKAWHANAUNGA

Connection—whakawhanaungatanga—is about belonging. Feeling loved, seen, and supported is deeply linked to our wellbeing, giving us a sense of meaning, safety, and purpose. When we nurture relationships with friends, whānau, and colleagues, we strengthen unity and collective wellbeing.

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another.”
—Hebrews 10:24–25

Here are some simple ways to connect this week:

- Get along to one of our events and spend time enjoying the company of others!
- Join us for our *Open Prayer Gathering* on Thursday night with our focus on praying for the mental wellbeing of our community.
- Come together on Friday at *Cherish* to honour and reflect on the little lives we hold in memory for Baby Loss Awareness Week.

- Bring along your favourite board game and some kai for our Games Night and enjoy friendly competition and chatter on Saturday.
- Fire up the barbeque, invite whānau, friends or your life group around, and enjoy catching up over kai or the game.
- Send a message, have a kōrero, or arrange a meet-up with someone you haven't connected with in a while.
- Ask a friend, whānau, or hoamahi about the best part of their day, and listen with genuine interest.
- Organise a potluck dinner or shared lunch—everyone brings a dish, everyone shares the joy.

Social connection is the *ngākau*/heart of our wellbeing. It weaves us together, helps us feel understood, and reminds us we were never made to journey alone.

How will you connect with others today?



RĀHINA | MONDAY DEVOTION

Kia ora, I'm Naomi Cowan, CEO of Equip Mental Health Services.

God said in Genesis 2:18, 'It is not good for man to be alone; I'll make him a helper, a companion.'

It was God's intention that we remain connected, not just to Him, but to others. We need others and they need us. It is not healthy for us to isolate ourselves. Jesus went to parties. He had a group of close friends. He modelled connection to us.

Not so long ago my mood dipped significantly, and I realised I had to do something, and I figured exercise might help. I ended up going to the local swimming pool early each weekday to swim, on my own. From just doing that I have made some new connections, some new friends. And

it helped lift my mood partly because I felt seen, welcomed, and accepted. And of course, there is accountability if I do not turn up. I know it can be hard to be the one to have to make the effort when it comes to socialising with others, but how can you do that today in your way? We are not all extroverts, so maybe it is a phone call or a quiet coffee with someone who you have not seen for a while?

Is God nudging you today to reach out and let others connect with you—or alternatively, does He want to work through you to connect with others that are feeling isolated and alone? How about prayerfully considering some of the ideas on the opposite page and seeing if one pops out at you—perhaps this is God encouraging you to do something today to connect.

**IT WAS GOD'S INTENTION
THAT WE REMAIN CONNECTED,
NOT JUST TO HIM, BUT TO OTHERS.
WE NEED OTHERS
AND THEY NEED US.**

Give

TUKUA

Give is about kindness, generosity, and sharing what we have. Acts of kindness not only lift others but also boost our own happiness, sense of purpose, and overall wellbeing. When we give our time, encouragement, or resources, we create a ripple effect of positivity that strengthens relationships and reminds us that we are part of something bigger.

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”— 1 Peter 4:10

Here are some simple ways to give this week:

- Purchase some baking at our bake sale fundraiser on Sunday at church, raising funds for suicide prevention.
- Share a smile with a stranger—sometimes the smallest gesture makes the biggest difference.

- Volunteer in your community or donate items you no longer use to a local charity.
- Bake something delicious to share with your *hoamahi*/colleagues at morning tea.
- Help a friend by mowing their lawn, cooking a meal, or offering to look after their tamariki.
- Let a car into traffic and watch how one act of courtesy can spread.

This Mental Health Awareness Week is the perfect time to Top Up Together—show kindness, give generously, and uplift the wellbeing of your friends, whānau, and colleagues.

How will you give to others today?



RĀTŪ | TUESDAY DEVOTION

Kia Ora, Windsor Park community, I'm Matt Strong, and I'm the General Manager of Equip. I've have been part of the Windsor Park Baptist community for nearly nine years with my family.

One of the things I love, love, love about our church community is all the different generations that are involved in all the giving/serving activities over the week—it's incredible!

As I reflect on my journey of how I've learned the value of serving and ending up in my current role at Equip, I think about this verse, 'Love one another as I have loved you.' (John 13:34) and how, from a very young age, I was encouraged to serve in my church in any way I could. I remember being very anxious about it at first as I helped with Kids Church for the first time, then youth, then home-groups, and so on.

I also remember observing my grandfather volunteering at church by collecting the offerings for his church and in the community mowing the lawns for his neighbours, well into his 70's. I now have the privilege of seeing my kids serving at church by volunteering at Kids Church on Sunday mornings, and now as a parent, getting annoyed at having to get up earlier on a Sunday to get them

there earlier to serve! Now my kids are being an example to me!

I have found it to be true in my life, and now in my kid's lives, and the same is true for you; ... in being part of God's blessing and helping others, we find our purpose and meaning (Matthew 20:26-28).

As I became used to serving in my church, I started making small, doable steps to help others in my wider community and continued stretching myself as an adult, in my work life. It takes a bit of discomfort and courage; however, the difference for those we help, can be huge; I see this every day at Equip.

Prayer | Holy Spirit, I pray you'd show me who I can serve today, give me the courage to put my faith into action, by helping someone I know, or may meet naturally in my life today. I pray you'd also open my eyes to those in my wider community I can serve in a practical way or ways I can start serving in my church. Thank you, Jesus, that no matter what my age, I can be a blessing to others.

Reflection | I recommend the YouVersion Bible App Plan, Lean In, Shape Your Faith into Action.

Be Active

ME KORI TONU

Being active isn't just about physical health—it's a powerful boost for our mood, helping reduce stress and anxiety, promoting relaxation, and building mental resilience. Moving your *tinana*/body with friends or whānau also strengthens social bonds and makes activity more fun.

*"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; therefore honour God with your bodies."
—1 Corinthians 6:19–20*

Here are some ways to get active this week:

- Join our Windsor Park Run this Saturday and enjoy a leisurely walk or run with our wider community!
- Have fun with *whānau* or friends—teach a new TikTok dance or try a new activity together.
- Organise a friendly sports match at a local park. Exercise and laughter go hand in hand!

- Throw an impromptu *kanikani*/dance party at home with whānau, flatmates, or even your pets. Sing, move, and have fun.
- Everyday activities count too—gardening, vacuuming, or playing tag with your kids all get you moving.
- Turn an office *hui*/meeting into a walking discussion outdoors to get fresh air and energy flowing.

Being active not only helps our bodies, it releases endorphins—the 'feel-good' hormones—uplifting our mood and increasing happiness. Honouring our bodies through movement is a way of honouring God, while connecting with those around us.

What steps will you take toward being active today?



RĀAPA | WEDNESDAY DEVOTION

Kia ora, Dale here from Auckland Church Network—a network of churches, working together alongside like-minded organisations to see our city flourish socially and spiritually.

Let me be brutally honest. I am not the obvious person to write a devotional about staying physically active. I'm not a runner, biker, hiker, sportsperson, or gym buff. I'm a café surfer and keyboard warrior. But I do think I can share one key habit that I've maintained for a few years now that might be helpful, regardless of how active a person you are.

Whenever I've had jobs that were, by nature, more active, I didn't really need to exercise on the side. But when I've had jobs that saw me doing more sitting, typing and coffee-drinking, I've invested in a gym membership

Don't get the wrong idea. There's a big difference between having a gym membership and using it! But from

2019, I've maintained a (mostly!) daily mid-week routine of getting into the gym and getting a bit active. I am not setting any kind of records with what I do most days, but I simply think it's good to get in there, have some routine, get active and make an effort. I don't claim award-winning physical or mental health, but I am convinced that physical and mental health go together, and small disciplines pay big dividends emotionally, physically, mentally and spiritually.

We all know that sometimes the Christian life is about moments and dynamic moves, it is always a matter of rhythms and disciplined practices. So don't feel you have to become an instant fitness model. Start small, stay steady and keep going. You won't regret it.

**SMALL DISCIPLINES
PAY BIG DIVIDENDS
EMOTIONALLY, PHYSICALLY,
MENTALLY AND SPIRITUALLY.**

Take Notice

ME ARO TONU

Taking notice is about mindfulness—being fully present, aware, and attentive to the world around us. Practicing mindfulness supports our *hauora*—mental, physical, spiritual, and social wellbeing—and sharing this awareness with others deepens connection and collective wellbeing.

*“This is the day that the Lord has made; let us rejoice and be glad in it.”
—Psalm 118:24*

Here are some ways to take notice this week:

- Savour and share small moments of joy during your day.
- Begin work meetings with a *karakia*/ prayer, short reflection, or a moment of silence to centre attention and bring everyone into the present.

- Come along to *Seeing Anew* on Tuesday morning, a quiet space for women to creatively contemplate remaining in God’s love.
- Practice gratitude—journal, write letters, or reflect on things you’re thankful for. Gratitude is linked to improved emotional wellbeing and life satisfaction.
- Go for a walk with a friend and notice your surroundings: sights, sounds, smells, textures. Try the five senses exercise together and share something you see, hear, feel, taste, and smell.

Top up your wellbeing by being present. Today is a reminder to pay attention to the moment, to your thoughts and feelings, and to the people around you. Celebrate the gift of today!

What will you take notice of today?



RĀPARE | THURSDAY DEVOTION

Kia Ora, I'm Grant Harris, the Lead Pastor of Windsor Park Baptist Church.

Let's reflect on Psalm 46:1, 10-11, "God is our refuge and strength, an ever-present help in trouble. He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' The Lord Almighty is with us; the God of Jacob is our fortress."

Taking time to be still is one of the hardest things for me; I like to be busy, and my mind is often in overdrive with a lot of things circling around in my head. But sometimes it can all get a bit too much. Sometimes there's too many things to do, too many demands on my time, too many worries that at 3am seem to be bigger than what they really are, and in these moments I have a tendency to start to feel a little overwhelmed by it all. It's often at those times that God tries His best to intervene with the words of Psalm 46 —'Be still.'

2025 is one of those years where I've noticed a lot of people still feeling a little overwhelmed—wars, politics, cost of living; people are a little short, they get angrier easily, relationships are under stress. The accumulation of facing destruction and suffering is creating more division than ever. It just

seems like it's one of those seasons where a perfect storm of events has combined to create lots of edginess in the lives, and minds, of a lot of people.

In the middle of this, God says, be still. Give all of these worries to Him. As the psalmist writes, The Lord almighty is with us.

**GIVE GOD
THE SPACE
TO INHABIT
YOUR SOUL . . .**

What spiritual practices do you use that help you to be still and allow the peace of God to envelope you? Today, take some time to practice the spiritual discipline of stillness—walk on the beach, play some soothing worship music, spend time in quietness, and give God the space to inhabit your soul . . . good things will happen.

Keep Learning

ME AKO TONU

To keep learning is about exercising our minds—like taking our brains to the gym! Learning something new, especially together with friends or whānau, can boost motivation, deepen understanding, and create a sense of shared growth and discovery.

“Let the wise listen and add to their learning, and let the discerning get guidance.”—Proverbs 1:5

Here are some ways to keep learning this week:

- Come along on Sunday for our *Lean In: Be Equip'd* gathering as we learn about mental wellbeing together.
- Join a class or group—learn an instrument, join a book club, or put on your dancing shoes and pick up some new moves.
- Organise a ‘lunch and learn’ with your *hoamahi*/workmate—invite a speaker or ask a colleague to share on a topic they love.

- Team up with *whānau* to take on a new challenge—try a new recipe, give an old piece of furniture a makeover, or start learning a new language.
- Discover something new about your hometown or local area—chat with whānau and neighbours, explore local history, or do some online *rangahau*/research.
- Exercise your mind with puzzles—crosswords, sudoku, riddles, and brain teasers are all great ways to learn and stay sharp.

Learning new things fosters a sense of achievement, competence, and engagement with the world around us. Keep curious, keep exploring, and keep growing—today and every day!

How will you keep learning today and beyond?



RĀMERE | **FRIDAY** DEVOTION

Nga mihi nui, I'm Rev Dr Myk Habets, a theologian at Laidlaw College and Associate Pastor at Albany Baptist Church.

Have you noticed how much brighter life becomes when you have something to look forward to? A weekend away, a good book, a meaningful conversation—these small anticipations are not distractions from life, but signs of it. We are creatures made to look forward. Without hope, we shrink. We dry up. We lose the fire that makes us fully human.

Scripture tells us, “Now these three remain: faith, hope, and love. But the greatest of these is love” (1 Corinthians 13:13). These words are familiar, but they are not shallow. The word “remain” (or “abide”) is rich with meaning. It echoes the Old Testament language used to describe God’s enduring faithfulness, goodness, and compassion. Paul is not saying these virtues are only useful for now—he is saying they are eternal. They are part of the very fabric of God’s kingdom. Faith and love are easy to imagine in eternity. But hope? Hope requires a future. And in God’s economy, the future is always unfolding. Hope is

not fantasy—it is the expectation that God will fulfil His promises. It is the confident belief that grace is still on the way. Hope is for today, tomorrow, and eternity.

Jesus commands us to love God with all our heart, soul, mind, and strength (Mark 12:30). To love God with our minds is to be lifelong learners. The Holy Spirit leads us into all truth (John 16:13), and as we learn, we grow in hope. We become more alive, more equipped, more passionate. So, this week, consider how learning renews your hope. Study Scripture. Read that book. Join a small group. Enrol in that course. Ask questions. In a weary world, hopeful people shine. Faith, hope, and love remain. And hope, nourished by truth, keeps the soul alive.

**TO LOVE GOD
WITH OUR
MINDS IS TO
BE LIFELONG
LEARNERS.**

TOP UP together



windsor park
baptist church

SUN / OCTOBER 5

Connect: *Young-ish*

Adults Coffee Club:

10.30am, November Café
Mairangi Bay

Learn: *Baptism Course,*

10.45am, Upper Room

Give: *Windsor Earth*

Team Weeding: 12.30pm,
Centurion Reserve

Learn: *Lean In - From*

Vice to Virtue (Lust to
Love), 6pm, caféwindsor

(\$10 for Noodle Canteen
Kai Time)

MON / OCTOBER 6

Give: Take the time
to write cards of
encouragement for
mental health workers
and drop them to
Windsor to distribute out.

TUE / OCTOBER 7

Take Notice: *Seeing*
Anew, 10am, Rimu Room

Connect: *Iconz,* 6.30pm,
Kauri Room

Connect/Learn:

Women's Craft Night,

7pm, caféwindsor

WED / OCTOBER 8

Connect: *mainly music,*
9.45am & 10.45am, Kauri
Room

Connect/Learn: *Alpha,*
6.30pm, Murrays Bay

Connect: *Youth,* 7pm,
Auditorium

THU / OCTOBER 9

Be Active/Connect:
Windsor Walking Group,
9am, Browns Bay Beach

Be Active/Connect:
Donadoni, 7.30pm,
Murrays Bay

Connect: *Open Prayer*
Gathering, 7.30pm,
Nursery

FRI / OCTOBER 10

Connect: *Cherish,* 7pm,
caféwindsor

SAT / OCTOBER 11

Connect/Be Active:

Windsor Park Run
& Coffee, 7.45am,
Hobsonville

Connect: *Windsor Board*
Games Night, 6pm,
caféwindsor

SUN / OCTOBER 12

Learn/Connect: *Equip*
Sunday Service, 9am &
10.45am, Windsor Park
Baptist Church; 9.30am
online

Give: *Bake Sale,* 9am –
12pm, Church Foyer

Connect: *Sunday Lunch*
Club, 12.30pm, Daily
Bread – Kings Plant Barn
Wairau

Learn: *Lean In -*
Be Equip'd, 6pm,
caféwindsor



Scan qr code to find out more
and register your spot or visit
windsorpark.org.nz/mhaw



an opportunity to understand
common mental health
challenges in Aotearoa

be equip'd

12 oct
sunday | 6pm
caféwindsor



WITH EQUIP'S

Ben Erby

Family/Whānau Coordinator

AND



Tamzin Walker

Instructor Development Manager
Te Pou and Casual
Registered Health Professional

Not sure where to start when it comes to understanding mental health? You're not alone. Whether it's knowing how to approach the conversation, recognising common challenges, or finding the right support for yourself or a loved one — we're here to help.

Join us for Lean In: Be Equip'd, a night with experts unpacking mental health in Aotearoa, with space for open conversation and questions. This is a free event where everyone is welcome.



WE'RE HERE FOR YOU
AND WE CARE FOR YOU...

Reach out. Find hope.

Care at Windsor Park Baptist Church



If you're in need of some practical, emotional or spiritual care,
check out how we can journey alongside you at



✉ care@windsorpark.org.nz

🌐 windsorpark.org.nz/care

☎ **09 477 0002**
(Monday to Friday, 9am-1pm)

In need of urgent support?

- Lifeline **0800 543 354** or free text **4357**
- Need to Talk? **free call or text 1737**
to speak with a trained counsellor
- Youthline **0800 376 633** or text **234**
- Anxiety Line **0800 ANXIETY (269 4389)**
- Depression Helpline **0800 111 757**
- Alcohol & Drug Helpline **0800 787 797**

in emergencies dial 111

immediately
if you or someone
you know
is at risk of harm

Need mental health support?



equip.net.nz
office@equip.net.nz
09 477 0338