

JOURNAL



for the new "normal"


WaipunaHOSPICE
Life is Special

 **30**  **YEARS**
Always caring. Always here.

Don't wait



**SELF
ISOLATE**

#StopTheSpread

Your 'Journal for the New Normal' is an opportunity for you to document your time in isolation while also maintaining a sense of routine and mindfulness.

There are many people in our wonderful Waipuna Hospice community who will not only be challenged by the idea of isolation but might also be grappling with isolation alone or without a loved one.

Let this journal give you some release and help you get through what is a very challenging time for all.

This fun and expressive journal can be shared with people in your bubble. You are more than welcome to take the ideas and design your own journal with an existing journal you might already have.

From the team at Waipuna Hospice, we wish you all the very best during this unprecedented and crazy time. Embrace every achievement, find happiness in small things and remember that this is not forever.

We are all in this together! Make sure to keep social while being apart – call a friend, speak to colleagues and get regular fresh air.

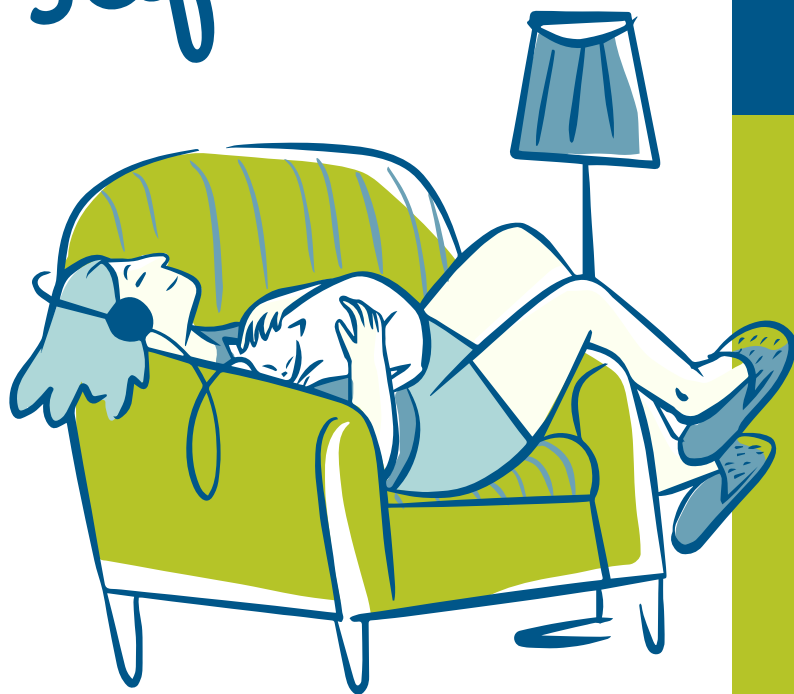
If you need to talk to someone, please do not hesitate to call

Lifeline – 0800 543 354 (0800 LIFELINE)

or free text 4357 (HELP)

Healthline – 0800 611 116

Self distancing



IS THE NEW

SELF
CARE



Chapter One

GOALS

-
-
-

DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Draw the room you are in right now

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Simplify and declutter your life

It's no secret that most people don't enjoy cleaning. Luckily, a great benefit of living with less is less cleaning and organising. By living with less, you don't have to search for things or reorganise draws and closets. There are many ways to simplify your life and decluttering helps you set the stage by giving you more time and space. Every week we will share with you 1 or 2 tiny little tasks you can try. You don't have to do all of them, but choose a few that resonate with you to be part of your adventure in discovering a simpler, clutter-free life.

1. "Let it go, let it go, let it go."

If you're struggling to let go of sentimental items, you're not alone. Does everything you own have a special meaning to you? Or do you have a lot of things that were saved by your parents for you or given as a special gift? Do you keep every letter you received, diaries, notes passed in school, old concert tickets and mix tapes? Learn to let go of the sentimental items, your hold on the past, and fear of the future to allow yourself to find magic in the present. Letting go will give you room to adore and appreciate what's right in front of you!

Still can't let go? Tell the story of your stuff by taking pictures of your sentimental items or write about the reason you saved them. Write about the time your grandma taught you how to cook one of her favorite recipes from the cookbook you held on to. Tell your friends about why you saved a letter of recommendation from your favorite teacher. As you share the stories, you'll notice that the item isn't what your heart is holding on to. Your heart doesn't want to hold on to stuff. All it wants is love.

Finally a bit of wisdom from the decluttering guru herself - Marie Kondo. As you embark on your tidying adventure using the KonMari Method, remember to above all focus on what you want to keep. Cherish the items that bring you joy, and let go of the rest with gratitude by thanking them and then putting them aside when you no longer need them.

Don't know where to start? You won't know until you start, so just start. If you find it too hard to let go of your sentimental items, start with the easier stuff first, like clothing or items you don't use anymore.



"Turning second-hand goods into first-class care."

DATE

Draw how you feel

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today? ▶

.....

.....

.....

Mood of the day



DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Reflections

Highlights

Lowlights

An Affirmation

Funny Occurrences

DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Draw what you hear

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

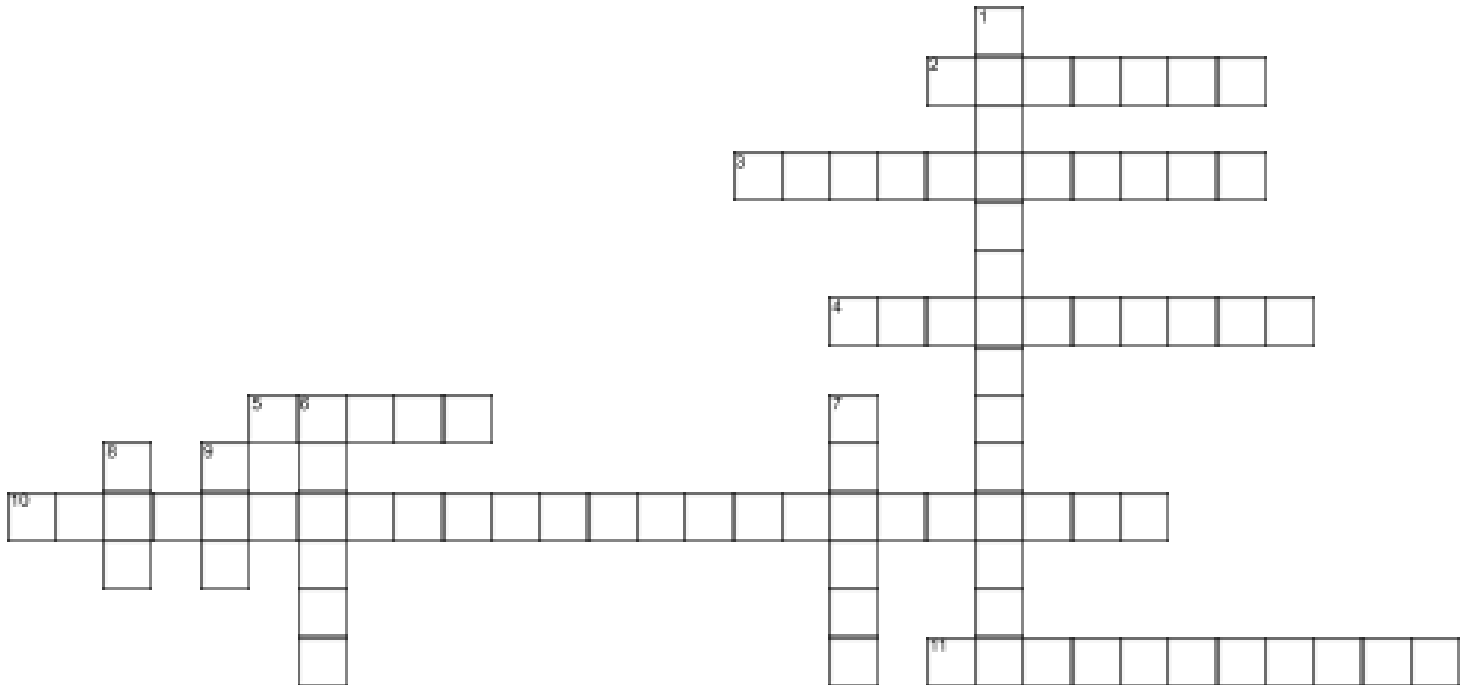
.....

.....

Mood of the day



Waipuna Hospice Crossword



ACROSS

- 2 To provide the best possible specialist hospice palliative care, enhancing the quality of life for those facing end of life and bereavement is the Waipuna Hospice - ?
- 3 Where is the Waipuna Hospice sorting depot located?
- 4 What sort of care alleviates without providing a cure?
- 5 Most of Waipuna Hospice patients are cared for where they feel most comfortable, in their - 's?
- 10 Waipuna Hospice provide?
- 11 Waipuna Hospice also provide a number of family support services, including support for grief and - ?

DOWN

- 1 Waipuna Hospice Charity Shops turn second-hand goods into - - - ?
- 6 There are a number of volunteering roles to suit everyone at Waipuna Hospice, from shop and depot assistants, fundraising support, gardeners, valets, meal assistant, community visitors, biographers, massage therapists, reception and administration, driver and other roles that may suit you. What is the best way to register to volunteer?
- 7 How many years has Waipuna Hospice been supporting our Tauranga and Western Bay of Plenty community?
- 8 Does Waipuna Hospice offer a free collection service for pre-loved goods?
- 9 How many Waipuna Hospice Charity Shops are there?



Follow us on Facebook for the answers.
<https://www.facebook.com/WaipunaHospice>



Chapter Two

GOALS

-
-
-

DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Write down three things you are nervous or anxious about

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Simplify and declutter your life

This week we would like to share with you 2 little tasks you can try to help you declutter your home as part of your adventure in discovering a simpler, clutter-free life.

2. Share the love by sending 5 care packages

Choose 5 things that somebody else would really appreciate. It could be a cookbook with a special family recipe in it passed down to a relative. Write a nice note, highlight the page with the recipe and give them permission to pass it on when they finish. Sign, seal, deliver. You'll make a little room on your book shelf and make someone smile.

Cookbooks not your thing? Don't worry it could be anything you no longer need and think somebody else would benefit from or appreciate. Perhaps a knitted sweater you no longer wear, an old dinnerware set for a young family who has just shifted in next door or a plant that no longer suits your house. The sky's the limit.

Just put all the stuff you don't want anymore into a pile and think about who would appreciate it.

3. Choose a space to lead to greater change

Identify one counter top or corner of a room to be your clutter-free sanctuary. Ask everyone in the family to commit to keeping that one space clutter free as inspiration for the next clutter-free space. You'll notice how relaxed you feel in that space, how clean it is and how it keeps you focused.

If you're working from home, your work space is the best place to start. Then simply pick another little space or declutter your draws - there's all sorts of random surprises in the third draw down from the top. Get rid of the things you never use.



"Turning second-hand goods into first-class care."

DATE

Stop and look at something for a minute. Afterwards write down what you noticed, how you felt and any other sensations, such as what you heard and smelt.

Today's Journal

What was on the news today?

Mood of the day



DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Reflections

Highlights

Lowlights

Funny Occurrences

An Affirmation

DATE

Feelings

.....

.....

.....

.....

Activities

.....

.....

.....

.....

Today's Journal

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Draw a teddy you've seen in your neighbourhood

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Waipuna Hospice Wordfind

J K M E Q S U V I C R B E R E A V E M E N T T R O P P U S B
 F S A C S O C I A L W O R K O M U Q U A M D C H F T A T M K
 G U B P W N Z D J F F J D E R A C E V I T A I L L A P T Q R
 M Q N E V K S E S R U O C U O C E T G N I L L E S N U O C Z
 D N C D O Y L V T E P U K E P R E L O V E D G O O D S O S S
 C Q H L R C M K X U G T P S H X O N R A H A M O M E N T S J
 B J A E R A C S S A L C T S R I F J C I Q E H C M F T R I K
 Y N R W X C I T K C D A Y P R O G R A M M E C M C C A A Y E
 M S I J G O Y S H K R K K X G N I R A C S Y A W L A T G H E
 U Z T H E V F G I N E Y T C Y S I F B A Y O F P L E N T Y W
 C F Y B D D Q R X N U A N A H W A G U R K I Y L U W I Z L S
 O R S Q F A E U H T G A E N D O F L I F E U L H M F U J O S
 M A H E R E H S Y A W L A S E V E N T S F N I H T H O W K E
 M S O E S J W N T E C I P S O H A N U P I A W C E A H X G N
 U E P S A P H I E Q S S B E A O M A P A P G K O G W P Y R E
 N R R R I I P Y P A R E H T E G A S S A M N K M H O P M U R
 I S E U K W D Y J L C C Q I C R C H A Y N U V P N R C F E A
 T T S N O I S S E S X O B L O O T T V K O A S A K K F X D W
 Y R P P I E U V A U I N S F E I R G X L T M D S M S J F X A
 Y E E P X W X Q U M Z D R T S I C S A A R T N S K H U L Y D
 W E C A V M F S V O U H A A A G Y G Y W E N A I H O N T C Y
 T T T Q O Z A P L Q E A N G A S H T T O E U S O I P I Y N E
 P O N E L K M I U D E N I N L Y I Q K R R O G N A S E Z I E
 T X E G U A I R X Z P D M A X L N O W E G M N P A G N J A R
 T R T U N T L I R G E G E R A A D W G H W I I B A W S X L A
 Q V I P T I Y T D A S O S U Q N V D N R D I T W T Y D U P C
 S B P S E K Z U H N W O G A B C V O E E A C F M K E J Z A N
 X V S A E A Y A A F X D Q T D A P A W P Y H I E F G H D H V
 U U E Y R T V L H W N S K R W U W O X U O Z H P B R U O C N
 S M R J S I T H I R T Y Y E A R S A O S D T S H C R V L P L

PalliativeCare
 Nurse
 WaipunaHospice
 Community
 ThirtyYears
 SpecialistPalliativeCare
 Compassion
 Advocacy
 Respect
 Empathy
 Quality
 EndofLife
 Bereavement
 Grief
 CharityShop
 SecondHandGoods
 FirstClassCare
 AlwaysHere
 AlwaysCaring

Support
 Volunteers
 PreLovedGoods
 FreeCollectionService
 TePuke
 Katikati
 MountMaunganui
 Papamoa
 FraserStreet
 Greerton
 Depot
 DayProgramme
 Family
 Whanau
 CaregiverEducation
 Respite
 SocialWork
 Chaplaincy
 Spiritual

Seminars
 Workshops
 Courses
 ToolboxSessions
 ChildandAdolescent
 WaipunaConnections
 Fundraising
 Events
 ShortsforHospice
 SuperheroWalk
 AwarenessWeek
 MassageTherapy
 ShiftingSands
 AhaMoments
 Counselling
 Care
 BayofPlenty
 Tauranga



Chapter Three

GOALS

-
-
-

DATE

Feelings

Activities

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Draw your dream house

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Feelings

Activities

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Simplify and declutter your life

No doubt, by now you're already well on your way to writing your own decluttering self-help book. To help you continue your path to a simpler clutter-free life here are the 2 last little tips for you.

4. How much stuff should you get rid off?

If you want to experience all the benefits of a clutter-free life, 50% is a great place to start. It sounds extreme, but once you start moving from room to room and removing the things that don't matter and that you don't care about, you'll reach the half way point sooner than you think.

You can probably do an initial sweep and box up 10-15% of your stuff and not even notice it's missing. The next round might be a little tougher, but the lightness you feel from the first pass will motivate you to keep going. Don't worry it's not all going to happen at once, this is a gradual process and you can take as long as what feels comfortable for you.

Afraid you might need something just in case? Box up your most important just in case items and put them in an unmarked box for 30 days. If you don't need it, and especially if you don't remember what it is, give it away without looking in the box. You need less than you think.

5. What do you do with all the things you no longer want or need?

It's likely that you are going to have a lot of stuff you don't know who to give to...why not give it to charity? That way it will eventually go to someone in your community who would benefit from it. Not only that, goods donated to Waipuna Hospice Charity Shops help to provide first class care to people facing a life-limiting illness. An added bonus! Declutter your home and do good for your community.

Waipuna Hospice offer a free collection service, simply phone 07 281 1755.

The hotline is an answering machine phone service, so please specify what day and time you would like the goods collected, a description of the goods, pickup address and contact phone number, or you can complete the online collection form at www.waipunahospice.org.nz/donate-goods

The logo for CharityShop features the word "Charity" in a blue sans-serif font and "Shop" in a larger, bold blue sans-serif font. A thick, curved brushstroke in a light green color arches over the word "Shop".

CharityShop

"Turning second-hand goods into first-class care."

DATE

Draw/describe your last/favourite meal

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



DATE

Feelings

Activities

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Reflections

Highlights

Lowlights

Funny Occurrences

An Affirmation

DATE

Feelings

Activities

Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

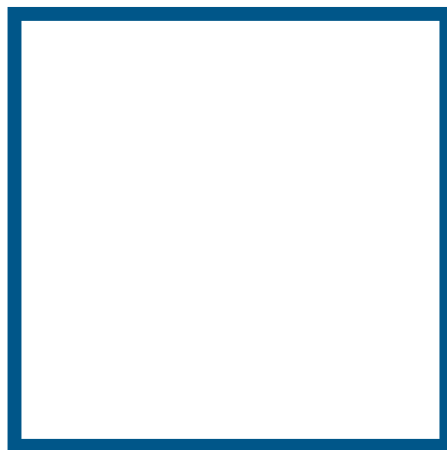
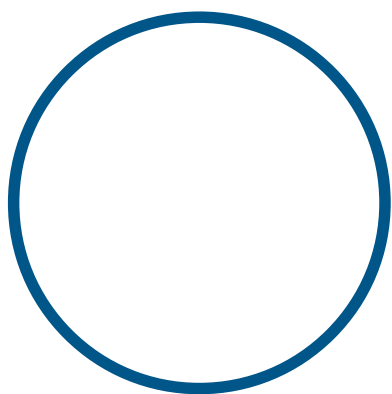
.....

Mood of the day



DATE

Finish this picture



Today's Journal

.....

.....

.....

.....

.....

.....

.....

What was on the news today?

.....

.....

.....

Mood of the day



Waipuna Hospice Sudoku

8	5				1			6
		7		6	4	1		
		4		7		5	9	
2				5	6			4
6			1		9		7	
7		1		4				9
	1		9			4	6	
	9	6			8			7
	7		6					1

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

3		8			1		6	
	6		8	9				2
		1			3	9		8
6		4	2	3				
	8		1		6	4		
	1	2		4			3	
	3		6		2		8	
2				8	4			6
8						2	7	

3			1			2	6	
1	9				8			3
		5	6		3	1		
	3			9			2	5
5	1		2				3	
9	6	2						1
		1	9	6		3		
8		3		1				6
	2				5			4

Volunesia

That moment you forget that you're volunteering to help change lives,
because it's changing yours.

Everyone knows that volunteering can do wonders for your health and happiness... but how?

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighbourhood resources, and fun and fulfilling activities.

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Volunteering provides many benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression. Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Waipuna Hospice volunteers are a very important part of our service and we would not be able to operate without them. We have a range of roles to suit and would love to chat to hear more about ways in which you would like to volunteer. There are roles from shop assistant, depot assistant, fundraising support, gardening, car valet, meal preparation, community visits, biography, massage therapist, reception and administration support, driver and a bunch of other roles.

To learn more simply email volunteers@waipunahospice.org.nz
Or visit www.waipunahospice.org.nz/volunteer



WaipunaHOSPICE)
Life is Special

30 YEARS
Always caring. Always here.



DISTANCE MAKES US STRONGER



*Thanks for supporting
Waipuna Hospice*