

The Team: Mental Health Foundation, Auckland

Cuddling my new granddaughter. Dale. Reading a good book in my bus. Vicki. A hug and reassurance from my husband. Lisa. Paying it forward. Keshlar. My one thing – being in the sea. Judi. When I am curled up with a good book. sophia. Starting a new painting. Amy. Coffee! soy flat white. Moira. A great big hug from friends or loved ones. Ngavaine. When I'm in the presence of my cute cat. sophie. Listening to the waves on a hot day while reading a book. michelle. Dinner dates with my friends and family. Kylie. Coffee! double shot soy flat white. Katrina. Getting into my comfy home clothes and chillaxing. Victoria. Whakapapa. Paula. A long distance walk. charlie. A great yoga class. Joanne. Yacking with my parents. michael. Fish salmon. noradene.

Canterbury has been through a lot.
Thanks for sharing some of the simple
things that bring you joy.

all
right?
allright.org.nz