



KEEPING WELL HEADING INTO 2026

As we approach the end of the year, it's a time to pause and reflect on the resilience and commitment shown throughout 2025.

Ngā mihi o te Kirihimete – wishing you a safe and restful festive season.

KEEP SIGHT OF WHAT'S IMPORTANT

As we head into the holiday season, let's take time to nurture all the dimensions of our wellbeing, guided by Te Whare Tapa Whā:

- Taha Tinana (Physical Wellbeing): Enjoy good kai, stay active, and rest well. Your body deserves care after a busy year.
- Taha Hinengaro (Mental Wellbeing): Be intentional about taking time to relax, reflect, and recharge.
- Taha Whānau (Family & Social Wellbeing): Connect with whānau and friends. For some, this season can be lonely or tough. A kind word, a call, or simply being present can make a big difference – for them and for you.
- Taha Wairua (Spiritual Wellbeing): Honour what gives you meaning – whether it's faith, nature, or quiet time for gratitude.

Investing in all four dimensions of wellbeing will help create a strong foundation for the year ahead.

IDEAS FOR COST FRIENDLY FESTIVITIES

- * Make use of the Force 4 Families discount scheme when shopping.
- * Stock up on specials early.
- * Get creative – DIY decorations, bake treats, or make cards with tamariki.
- * Enjoy free festive fun – Christmas lights, carols, or community events.
- * Add kindness to your advent calendar – small acts like calling a friend or donating to charity.
- * Visit those who might be lonely – rest homes and shelters welcome Christmas cheer.

FINANCIAL WELLBEING

The festive season can really put pressure on finances. The Force Financial Hub (FFH) brings together a range of financial resources from budgeting and insurance to KiwiSaver, Wills, investments and more – all in one place! Whether you're managing your day-to-day costs, planning for retirement, or preparing for major life changes, the FFH can help you. Go to force4families.mil.nz, or for specific advice email benefits@nzdf.mil.nz

KEY REMINDERS:

- ⇒ Prioritise your wellbeing
- ⇒ Celebrate in ways that are inclusive and safe
- ⇒ Share the gift of quality time with others
- ⇒ Remember, support is always here for you
- ⇒ Take that well deserved break!



NZDF4U WELLBEING SUPPORT

Confidential, 24/7, free wellbeing support for all members of NZDF and the Defence community.

Trained external mental health professionals are available to discuss the best support options for your needs. Over the phone, online or face-to-face counselling can be arranged when you call.

Contact information:

Call **0800 NZDF4U**
(0800 693 348)

Text **8881**

Overseas **+64 9 414 9914**

Email:
**wellbeingsupport@
nzdf4u.co.nz**

HEALTHY RELATIONSHIPS

Respect each other: The holiday season can be busy and stressful, and sometimes frustrations boil over. It's okay to pause a conversation before things escalate. What's never okay is physical or emotional harm. If you're worried about someone's safety, check in with them. If you feel unsafe because of family violence (FV), reach out for help. The Shine Helpline (0508 744 633) provides 24/7 confidential FV support, information and advice.

Consent matters: Healthy intimacy starts with open conversations about wants, needs, and boundaries. Consent is freely given and should feel like a clear, enthusiastic "yes" – whether through words, body language, or eye contact. **Remember: consent is ongoing.** Anyone can change their mind at any time, and that choice must be respected. Non-resistance is not consent.

Create safe spaces: Let's look out for each other at social events this summer. If you're concerned about someone's safety or notice harmful behaviour, think about how you can help – while keeping yourself safe. Actions like calling Police, alerting venue staff, or checking in with someone at risk can make a big difference. Together, we can create safer spaces for everyone.

Recognising and responding to Harmful Sexual Behaviour (HSB): It's not always easy to recognise or to talk about HSB - but you don't have to navigate these experiences alone. If you have experienced HSB, something just doesn't feel right, or you are wanting some advice on supporting someone else, your NZDF healthcare team is here to support you in a safe, judgement-free space. Whether you're ready to talk or would just like to understand your options, you can reach out via the on-call NZDF HSB line 7am-7pm, 7 days a week on 0800 693 324 (Overseas: +64 4 527 5799).

Alternatively, you can contact Safe to Talk, a 24/7 national sexual harm helpline on 0800 044 334 or text 4334. Safe to Talk can provide advice, support and referral options for people who have experienced or witnessed HSB, or those struggling with their own problematic sexual behaviours.

In you're in immediate danger, call 111 and ask for the police. If you have concerns for the safety of a child, call 0508 326 459 (Oranga Tamariki).

OP STAND – SAFER SUMMERS

As the holiday season approaches, Op Stand is once again championing safer summers. Our goal is to ensure everyone has the right information to keep themselves, their mates, and their whānau safe when it comes to alcohol and other substances. It's been a big year, and we want to encourage everyone to relax and recharge – while staying informed and free from harm.

Different situations bring different social challenges, so here are some top tips from the experts:

- ⇒ **Take it easy** and don't rush into drinking too much too soon or partying too hard.
- ⇒ **Know your personal limits** and steer clear of peer pressure.
- ⇒ **Be a good host** and set clear boundaries. Try to think of ways to entertain where alcohol doesn't need to be the catalyst for having fun.
- ⇒ **If you know someone who's using substances**, help them understand the current market supply risks and get them to always check their substances at a drug checking clinic.
- ⇒ **Stay up to date** with the latest information on websites like the [drugfoundation.org.nz](https://www.drugfoundation.org.nz), [knowyourstuff.nz](https://www.knowyourstuff.nz) and [thelevel.org.nz](https://www.thelevel.org.nz).
- ⇒ **Know what to do if something goes wrong.**
- ⇒ **And as ever – don't be afraid to ask for help.**

For lots more information check out the Op Stand resources available [via DDMS](#), [Pūtahi Hauora](#) or contact the team at Op Stand at OpStand@nzdf.mil.nz.

NZDF HEALTH AND WELLBEING SUPPORT SERVICES

For details on where to access after-hours health or dental care during the closedown period, refer to the Defence Health Hub, Pūtahi Hauora health.nzdf.mil.nz, or scan here:

You'll also find contact information and further details about wellbeing support options.

