

This journal includes **tips** and **games** to help with reflection and wellbeing.

Selfcare Journal



Pacific Community
Communauté du Pacifique



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The selfcare journal was produced under the supervision and guidance of Veena Singh (HRSD) and Christelle Lepers (PHD).

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- **Artwork:** Susie Elliot and Red Cave Arts-Arvin Sukul
- **Poem:** Amelia Rigsby, Dr. Mohit Lal and Litia Vulaidausiga
- **Comics/flashcards/illustration:** Albert Rolls and Ghetto Arts (Atueta Rabuka, Ratu Naiqama Lalabalavu and Zen Waqavonovono)

We thank everyone who has had a part to play in producing this journal.

We hope that this selfcare and wellbeing journal brings you joy and allows for some reflection and rest.

We also wish to acknowledge the European Union for its financial support.



THIS **JOURNAL**
BELONGS TO:

NAME: _____

EMAIL: _____

EMERGENCY CONTACT: _____

ABOUT THE JOURNAL



Taking some time out for yourself and your wellbeing is an essential part of being healthy. Pausing and reflecting on your life, writing, and partaking in activities that you enjoy will help you be more aware of stressors and situations in life and allow you to take the necessary steps.

This journal has been designed to help you write down your thoughts, plans and to remind you to intentionally schedule in time for some fun, work and rest. It is also designed to help you reflect and plan your day/week or month.

This journal is not a medical book and nor should it be treated as such. The tips and activities included in this journal are to be used as suggestions to help you be healthy and to focus on your overall wellbeing. You use what is relevant for you. The idea is to build on your existing health and wellbeing plan, and to encourage others who may not have yet started on this journey.

The postcards, poetry and illustrations are guides and reflections and these are the interpretations, reactions, and reflections of the artists- they are to help you reflect and may help you cope. Urgently seek professional help if you feel that you need to.

If stress, sadness, anxiety, or depression is stopping you from carrying out your normal activities for more than 3-4 weeks, or you have thoughts of hurting yourself or others, immediately seek support from a counsellor or mental health professional near you. If this support is not available in your country or location, speak to someone you trust, and they can help you get the professional help you need.

WE HOPE THAT YOU ENJOY THIS JOURNAL! BE WELL, STAY SAFE, PAUSE WHEN YOU NEED TO AND LIVE AN INTENTIONAL LIFE!

HOW TO USE THIS JOURNAL



The journal includes blank pages to allow you to record your notes, work meetings, plans or can be used to capture your thoughts and feelings. **We encourage you to use this journal however best you see fit.**

This journal consists of tips, artwork, poetry, games, fun facts and quizzes. Each activity is marked with a symbol which shows what kind of activity it is. An activity can be marked as a **MIND, ENERGY, KNOWLEDGE** or **CREATIVITY** exercise.



MIND

activities require you to sit down and use your head to think, pause, process the information, and reflect upon.



ENERGY

activities are excellent if you need to burn off some energy or just need to step away from your workstation for a few minutes to reenergise.



KNOWLEDGE

activities provide you with facts and information. Some are in the form of quizzes and 'did you know' statements.



CREATIVITY

activities are about creating something or playing a game. You will see illustrations, games and even spaces where you can doodle. Feel free to have fun!

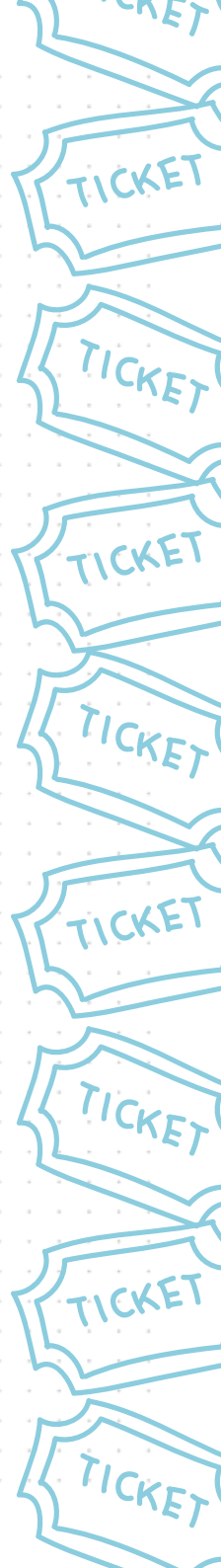
EVENTS

BIRTHDAYS

TO-DO:

DO NOT FORGET!!!

~~~~~  
**STICK MOVIE,  
MUSIC OR GAME  
TICKETS HERE**  
~~~~~





LOOK AFTER YOUR BODY:

GET ENOUGH REST, EAT HEALTHY FOODS,
BE PHYSICALLY ACTIVE, AVOID USE OF
ALCOHOL OR OTHER SUBSTANCES.

DID YOU **KNOW** ???

➡ AMERICAN SAMOA

- Has 5 Principal Islands and 2 atolls.
- It was partitioned in 1899.

➡ AUSTRALIA

- Has 6 States and 3 mainland territories.
- Home to the world's oldest living cultures.

➡ COMMON WEALTH OF THE NORTHERN MARIANA ISLANDS

- 4000 Years Of Human Settlement.

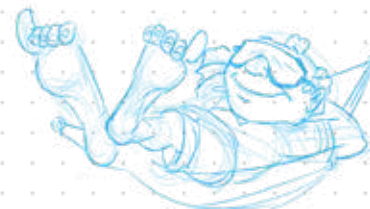
Source: The Pacific Community (SPC), 2020. Cultural
Etiquette in the Pacific Guidelines for staff working in
Pacific communities

REVISIT

YOUR PURPOSE
AND FIND MEANING
IN WHAT YOU DO.

DO SOME PHYSICAL ACTIVITY!

YOU CAN TRY AND SCHEDULE
IN AFTERNOON JOGS, MORNING
WALKS, SWIMMING OR GARDENING
INTO YOUR DAILY SCHEDULE.



REST YOUR EYES!

STEP AWAY FROM YOUR
COMPUTER/LAPTOP YOUR
PHONE SCREEN.

==KEEP CONNECTED==

STAY CONNECTED WITH SUPPORTIVE FRIENDS, FAMILY AND COLLEAGUES (E.G. ORGANISE A REGULAR PHONE CALL).

DO AN ACTiVITY YOU ENJOY

OR FIND MEANING IN YOUR DAY. YOU CAN TRY AND COOK, SPEND TIME WITH LOVED ONES, READ, PRAY, DANCE OR EVEN TAKE SOME QUIET TIME TO REFLECT.

MAKE A DISTINCTION

BETWEEN YOUR PROFESSIONAL
AND PERSONAL TIME. SET
BOUNDARIES.



SEEK SUPPORT

OR REFER PEOPLE TO
RELEVANT SERVICES
WHEN YOU FEEL OUT
OF YOUR DEPTH OR
IN NEED OF HELP.

**FEELINGS OF ANXIETY,
FEAR, FRUSTRATION, OR
ANGER ARE NORMAL.**

YOU CAN PRACTICE S-T-O-P.

S - STOP WHAT YOU ARE DOING.

T - TAKE A FEW CONSCIOUS DEEP
BREATHS.

O - OBSERVE (CHECK IN WITH YOURSELF
ACKNOWLEDGE YOUR THOUGHTS,
EMOTIONS, SENSATIONS).

P - PROCEED (FIGURE OUT WHAT YOU
NEED, I.E., BREAK, SNACK, ETC. THEN
PROCEED WITH YOUR DAY)

**FOCUS ON WHAT
YOU CAN DO NOW.**



THE MASKS WE WEAR

→ BY AMELIA RIGSBY

It's time to get ready for work
You put on your clothes and mask to hide the anxiety,
depression, worry and bone-tired weariness that
always lurks
Just beneath the surface

You are fake smiles and I'm okay,
No one wants to hear you feel sorry for yourself or
that's what you believe,
So you laugh off their concerns to match the fake
smile on display

Decreased hours, pay deductions or god forbid, losing
your job
Long, desperate lines that snake past city blocks
What used to be a handful of people applying for
government assistance has now turned into a mob

And those fortunate enough to still be earning full
pay, who don't have to worry about mundane things
like electricity
Will never know that it's not just about the money,
It's more about dignity

NOBODY wants handouts
NOBODY wants to beg
Even when your family and friends say it's okay, there
are always still doubts

So you continue the façade
And continue to pray to God
Longing for the day when we can see past COVID to
the normality waiting beyond.

STAY CONNECTED

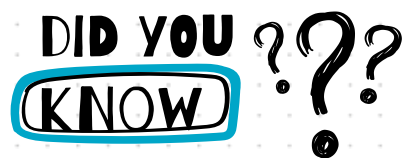
WITH YOUR LOVED ONES AND
MAKE TIME FOR YOURSELF.

== TAKE BREAKS, ==

EVEN IF ITS FOR 2- 5 MINUTES
EVERY 40MINS. STEP AWAY
FROM YOUR WORKSTATION
AND DO A QUICK STRETCH OR
GRAB A GLASS OF WATER.

TALK TO COLLEAGUES,

A FRIEND OR SOMEONE YOU
TRUST ABOUT HOW YOU ARE
FEELING.



→ COOK ISLANDS

- Has 15 Islands and was settled about 2000 years ago.
- Self-governance State

→ Fiji

- Has more than 320 islands and it was first settled 3500 years ago.
- Became Independent In 1970

→ FEDERATED STATES OF MICRONESIA

- Has more than 600 atolls and islands. It is divided into four semi-autonomous states.
- 17 recognised indigenous languages.

Source: The Pacific Community (SPC), 2020. Cultural
Etiquette in the Pacific Guidelines for staff working in
Pacific communities.

EAT MORE

FRUITS AND VEGETABLES

to stay healthy.

== GET ENOUGH REST ==

AND STICK TO A REGULAR SLEEP
SCHEDULE.

IF YOU ARE

EXPERIENCING CHALLENGES
AND FEELING OVERWHELMED
WITH YOUR DEADLINES OR
YOUR WORK IS PILING UP, TRY
REDUCING YOUR TASKS TO
"BITE SIZE" AMOUNTS AND
FOCUS ON THOSE.

REACH OUT FOR HELP

IT'S OK TO NOT BE OK.



OTAI RECIPE



INGREDIENTS

- 1 cup pineapple, grated
- 1 tablespoon coconut, grated finely
- 2 cups mashed watermelon pulp
- sugar to taste
- 1/2 cup coconut cream

METHOD

1. Mix all ingredients together except coconut cream.
2. Chill the mixture.
3. Add coconut cream just before serving.

SOMETHING ELSE TO TRY:

Use other fruits such as oranges, mangoes or wi (ambarella or golden apple).

Source: The Pacific Community (SPC), 2003, Secretariat of the Pacific Community. Community Education Training Centre, The Pacific Mix: Traditional and modern recipes for the Pacific Islands / Secretariat of the Pacific Community. Community Education Training Centre.

ASK YOURSELF:

HOW CAN I DO MY BEST AND MAKE THE MOST OUT OF THIS SITUATION? RESPECT YOUR TIME, MENTAL HEALTH, AND EMOTIONAL WELLBEING BY PRIORITISING WHAT'S IMPORTANT.

IF YOU ARE ABLE TO

HELP SOMEONE - DO SO -
HELP WHERE YOU CAN!



BE KIND.

BE KIND TO OTHERS AND TO
YOURSELF!



DID YOU KNOW

In November

2015, the organisation's legal name, the Pacific Community, was adopted for general use. The abbreviation 'SPC' was retained, given its wide use and recognition throughout the Pacific. The term 'Pacific Community' refers to the development organisation's 27 members and secretariat as a whole, as does the abbreviation, 'SPC'.



Pacific
Community
Communauté
du Pacifique

Originally

called the South Pacific Commission, our unique organisation was founded in Australia in 1947 by the six 'participating governments' that then administered territories in the Pacific Islands region: Australia, France, New Zealand, the Netherlands, the United Kingdom and the United States of America.

In 1962,

Samoa was the first island nation to become an independent state and in 1965 was the first to become a full member of SPC.



Ms. Lourdes T. Pangelinan

became Director-General of SPC in January 2000, she made history as the first woman to lead SPC and the first to lead a Pacific regional organisation. She is from Guam. She was the Director-General from 2000-2006.

In 1949,

the SPC headquarters was moved to Noumea from its temporary location in Sydney.

In 1995,

SPC moved into its new, specially designed Headquarters in Noumea, New Caledonia.

NOUMEA

In 1950,

the first South Pacific Conference was held in Fiji.



WORD SEARCH

C	O	L	L	E	A	G	U	E	S
A	X	Y	L	I	M	A	F	S	S
R	G	R	A	T	E	F	U	L	E
E	C	N	E	I	T	A	P	D	N
H	O	M	E	U	L	T	E	L	L
G	M	M	R	U	N	A	N	H	U
N	P	I	F	R	I	E	N	D	F
I	A	H	W	E	A	W	I	P	D
N	S	E	S	S	L	E	E	P	N
E	S	A	A	P	S	H	G	R	I
D	I	L	F	E	O	A	E	F	M
R	O	T	E	C	R	S	T	L	A
A	N	H	E	T	T	I	S	U	P
G	Y	T	I	N	U	M	M	O	C

HEALTH

SAFE

SWIM

HOME

PATIENCE

CARE

COMMUNITY

GARDENING

SLEEP

HELP

MINDFULNESS

RESPECT

FAMILY

✓ RUN

SORT

COMPASSION

FRIEND

REST

EAT

GRATEFUL

COLLEAGUES

YOU CAN CHOOSE

TO WORK ON CHANGING
YOUR *perception* **AND** *focus*
ON THE 'SMALL BLESSINGS
AND GRACE' *llllllll*
AND KEEP PROGRESSING.

ENJOY THE SUNSHINE TODAY!

SPEND TIME WITH YOUR LOVED ONES.
GIVE OR DONATE ITEMS YOU NO
LONGER NEED.



DID YOU ???
KNOW

➡ **FRENCH POLYNESIA**

- Is an overseas country of France and it was first settled some 1700 years ago.
- 5 Island groups.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

BREATHE.

BE MINDFUL OF YOUR BREATHING. TAKE 5 MINUTES DAILY TO FOCUS ON YOUR BREATHING. REMIND YOURSELF THAT YOU ARE PRESENT, YOU ARE WORTHY, AND YOU HAVE DONE THE BEST FOR TODAY.

**== REMIND YOURSELF ==
THAT YOU ARE LOVED.**

DON'T FEEL GUILTY,

BAD, OR SAD FOR
TAKING TIME TO REST.

'SLOW DOWN, PAUSE, BREATHE'



YOU ARE DOING YOUR BEST FOR TODAY
AND SOMETIMES YOUR BEST MIGHT JUST
BE YOU WAKING UP - AND THAT'S MORE
THAN ENOUGH.

WE NEED TO NORMALISE REST.

WE NEED TO NORMALISE SLOWING
DOWN AND WE NEED TO NORMALISE
MAKING SPACE FOR OUR PACE.



== BEING ANGRY ==

IS A NORMAL EMOTION, IT'S WHAT YOU DO WITH YOUR
ANGER THAT MATTERS. TRY AND WRITE DOWN WHY YOU
ARE A FEELING ANGRY, TALK TO SOMEONE YOU TRUST OR
EXERCISE TO RELEASE STRESS AND TENSIONS.

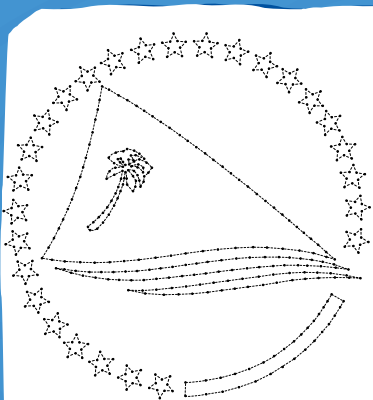
TAKE SOME TIME

EVERY DAY TO PROCESS YOUR
EMOTIONS AND FEELINGS.

WHEN YOU ARE FEELING 'ANGER'

TRY AND UNDERSTAND THE ROOT CAUSES AND
BE OPEN TO WHAT IT'S TRYING TO TELL YOU.

CONNECT THE DOTS & COLOUR



Pacific
Community
Communauté
du Pacifique



DID YOU KNOW THAT SPC HAS 27 MEMBER COUNTRIES AND TERRITORIES, THE STARS IN THE SPC LOGO REPRESENTS A MEMBER COUNTRY, CAN YOU NAME ALL OF THEM?

1. 8. 15. 22.

2. 9. 16. 23.

3. 10. 17. 24.

4. 11. 18. 25.

5. 12. 19. 26.

6. 13. 20. 27.

7. 14. 21.

A WORK/LIFE BALANCE



DO THIS WITH
SOMEONE WHO IS THE
OPPOSITE GENDER



INSERT YOUR HOURS
SPENT IN A DAY ON THE
FOLLOWING ACTIVITIES

INSERT HOURS SPENT IN A DAY
(OF THE PERSON YOU ARE DOING
THIS EXERCISE WITH) ON THE
FOLLOWING ACTIVITIES:

WORKING (PAID)

COOKING

CARING FOR CHILDREN, INCLUDING
FEEDING, CLEANING, PHYSICAL CARE

PLAYING WITH, TALKING TO, AND
READING TO CHILDREN

ASSISTING OLDER/SICK/DISABLED
ADULTS WITH MEDICAL CARE,
FEEDING, CLEANING, PHYSICAL CARE

AFFECTIVE/EMOTIONAL SUPPORT FOR
ADULT FAMILY MEMBERS/LOVED ONES

SHOPPING FOR THE FAMILY

WASHING OF CLOTHES

CLEANING THE HOUSE

EXERCISE

HOBBY

SOCIAL MEDIA

REST

SLEEP

OTHER ACTIVITIES

TOTAL HOURS (24 HOURS)

- ➡ After doing this activity, you might want to work towards having a better 'work/life balance' and re-look at areas that you can improve on or perhaps reduce the time you spend on particular activities to help you with your overall health and wellbeing.
- ➡ You might want to share the workload to ease the 'care burden' on yourself or the women in your family.
- ➡ Did you know that women typically spend disproportionately more time on unpaid care work than men?!

== it is important ==

TO TALK TO SOMEONE YOU TRUST OR
A PROFESSIONAL ON ISSUES THAT ARE
IMPORTANT TO YOU.

SEEK OUT PEOPLE

YOU TRUST AND TRY AND SHARE
YOUR PROBLEMS WITH THEM. TALK
ABOUT WHAT'S BOTHERING YOU WITH
PEOPLE YOU TRUST OR SPEAK TO A
PROFESSIONAL.

IT IS IMPORTANT TO SHARE

YOUR FEELINGS WITH LOVED
ONES, AS THIS HELPS THEM TO
BETTER SUPPORT YOU.



== COMMUNICATION ==

OR SOME FORM OF DIALOGUE IS
ALSO A PROACTIVE APPROACH
AND HELPS TO DEAL WITH ISSUES
IN A PEACEFUL MANNER.

EXERCISE HELPS YOU

RELEASE YOUR FRUSTRATION
AND ANGER, AND IT ALSO HELPS
YOU STAY FIT AND HEALTHY!

WRITING HELPS YOU!

WRITING HELPS YOU
TO PROCESS YOUR
THOUGHTS AND
FEELINGS.



MAINTAIN

AND BUILD

SOCIAL CONNECTIONS.

TRY AND MAINTAIN A SCHEDULE

(FORMAL/INFORMAL) TO CATCH UP WITH YOUR COLLEAGUES. YOU CAN ARRANGE 'CHECK-INS', PHONE CALLS AND CATCH-UPS.

DID YOU
KNOW ???

→ GUAM

- Is an unincorporated territory of the United States of America.
- Chamorros are the indigenous people of Guam.

→ HAWAII

- Hawaii has 8 Major Islands and it became the 50th State of USA in 1959.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

ORGANISE

A VIRTUAL/FACE TO FACE
'GAME NIGHT OR SOCIAL
NIGHT' AS A WAY OF
SOCIALY CONNECTING.

== IF YOU FEEL LIKE ==

YOU CAN'T KEEP UP WITH
DEADLINES AND STRUGGLING TO
KEEP A BALANCE AT HOME, TRY
AND TALK TO YOUR MANAGER
AND COLLEAGUES ABOUT
POSSIBLE SOLUTIONS.

HEADSPACE I: RAIWAQA PATHWAYS

BY MOHIT PRASAD

We walk alone together down these old old pathways
Broken concrete grassed verges that hold head stories
Mashed in old breadfruit pasty dusty brown dried crumbles
School children in khaki and beige checked white trims
Giggling gaggle of minds past high mast vaccine billboard
A story teller among them holds court before assembly
Offers gifts of legends and fables from her sepia island
She proffers chinese lolly salty sour sweet brittle centers
Myths against mirrors of cramped life in Raiwaqa tenement
Living life of many before her who schooled in city lights
Yet, each night she jumps at drab shadows and craggy arms
Reaching out underneath thin ochre covers, she shifts crying
Sleeping head to tail under static buzz of cheap rust bulb
A thick arm of cracked kava skin on shin scrapes horrors
Pauses on soft cinnamon welt under her knees, stops still.
She turns into wet crook of her ginger head to prepare for
Cleaning cooking washing foraging septic bronze mangroves
Lees biscuit tin shacks with fat babies stilting chocolate waters
Island girl she catches spidery tawny bitter orange manna to sell
Across at Vatuwaqa cemetery to a sad straggling terracotta mourner.

Rationale: This poem in shades of brown evokes the lives of many schoolchildren from rural and maritime areas, in Fiji and across the Pacific, who come to the big smoke for education. They usually lodge with extended families.. The brown headspaces explore the crowded conditions of their often precarious lodgings. Many are obliged to provide domestic labor, and in the worst cases, some fall victim to sexual abuse and incest. The setting is Raiwaqa in Suva, where Fiji's largest urban public housing program was initiated in the late 1950's.

WE'RE ALL IN THIS
TOGETHER

IF YOU'RE HAVING ISSUES MAKING TIME FOR
EXERCISE, TRY MAKING A PLAN OR SCHEDULE.



== DISCUSS SOLUTIONS ==

AND ALTERNATIVES AND HOW BEST TO
STAY CONNECTED.



KOKODA RECIPE



INGREDIENTS

- 3 cups raw wahu or other fleshy fish
- juice of 6 lemons (2 cups lemon juice)
or 1 cup vinegar
- 1 chilli
- 1 bunch spring onions, chopped
- salt to taste
- thick coconut cream
(optional)
- 1/2 cup carrots, grated

METHOD

1. Marinate fish overnight in lemon juice
or for a few hours in vinegar.
2. Pour out liquid and mix the fish with
chilli, spring onions, salt and (if desired)
coconut cream.
3. Sprinkle grated carrot on top.

Source: The Pacific Community (SPC), 2003. Secretariat
of the Pacific Community. Community Education Training
Centre, The Pacific Mix: Traditional and modern recipes for
the Pacific Islands / Secretariat of the Pacific Community.
Community Education Training Centre.

TREAT OTHERS

HOW YOU WOULD LIKE TO BE TREATED.

REMiND YOURSELF

AND EACH OTHER THAT THE
WORK YOU'RE DOING IS
IMPORTANT, AND YOU ARE
ENOUGH!

JUST AS YOU

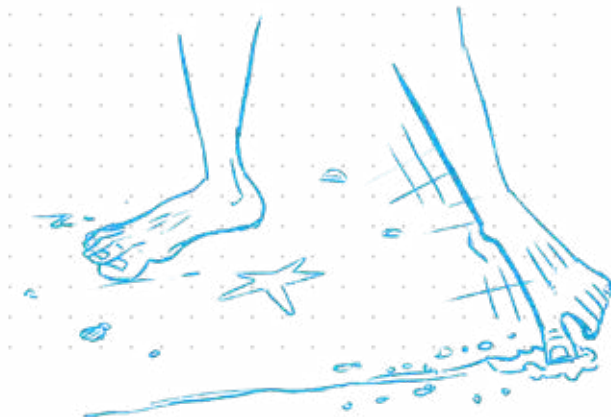
SCHEDULE MEETINGS
WITH WORK COLLEAGUES
AND FRIENDS, IT IS ALSO
IMPORTANT TO MAKE TIME
FOR FAMILY CHATS.

SET BOUNDARIES

THAT WILL HELP YOU FIND
YOUR BALANCE TODAY.

CHECK IN WITH PEOPLE

IN YOUR CIRCLE WHO DON'T
HAVE EXTENDED FAMILY OR ARE
LIVING ALONE. ISOLATION AND
LONELINESS IS REAL!



== BALANCE ==

IS A MOVING TARGET SO
IT'S OK IF YOU DON'T GET IT
RIGHT EVERY DAY.

WHEN IT LOOKS LIKE EVERYONE

AROUND YOU HAS IT TOGETHER AND
YOU'RE BARELY GETTING BY, REMIND
YOURSELF THAT YOU CAN'T DO
EVERYTHING AND THAT'S OK!

WHAT YOU
CAN DO IS TO

ALWAYS GIVE IT YOUR ALL

IN THE
SMALL THINGS
AND IN THE
BIG THINGS!

OWN THE THINGS

YOU CAN WORK INTO YOUR
SCHEDULE AND OWN YOUR
DECISION TO CHOOSE WHAT
WORKS BEST FOR YOU.



© Susie Elliot, InkBone Fine Arts, 2021

DID YOU KNOW

???



In 1947,

Australia, France, Netherlands, New Zealand, the United Kingdom and the United States of America created the South Pacific Commission (now known as SPC), after the end of World War II. It was set up to “promote the economic and social welfare and advancement of the people in the region”.

The establishment of the South Pacific Commission is also referred to as the Canberra Agreement.



AUSTRALIA



FRANCE



NETHERLANDS



NEW
ZEALAND



UNITED
KINGDOM



UNITED STATES
OF AMERICA

CREATE AND SET INTENTIONS

EXAMPLE, TODAY I WILL DO MY BEST AND
THAT IS MORE THAN ENOUGH.



PRACTISE MINDFULNESS

BE 'FULLY PRESENT AND AWARE' OF WHAT
YOU ARE DOING, WHERE YOU ARE AND NOT
BEING OVERWHELMED OR REACTIVE BY
WHAT'S GOING ON AROUND YOU.

RESPECT YOUR TIME

BE CLEAR WITH YOUR PRIORITIES.
FOCUS ON WHAT'S IMPORTANT.
THIS REDUCES STRESS.

END YOUR DAY

WITH SOME ALONE
TIME, FOCUS ON YOUR
BREATHING. THANK
YOURSELF FOR DOING
YOUR BEST.

ACKNOWLEDGE

**YOUR TEAM
MEMBERS AND
THOSE WHO
SUPPORT YOU.**



TAKE TIME OUT TO CATCH UP

OR CHECK IN WITH COLLEAGUES OR
YOUR PEERS. HAVE A LAUGH AND
CATCHUP OVER TEA OR LUNCH.

DID YOU ???
KNOW

➡ **KIRIBATI**

- Has 1 island and 32 atolls.
- Became an independent Republic in 1979.

Source: The Pacific Community (SPC), 2020. Cultural
Etiquette in the Pacific Guidelines for staff working in
Pacific communities.

== TAKE CHARGE ==

OF YOUR OWN WELLBEING
BY LISTING DOWN
ACTIVITIES THAT WORK FOR
YOU AND YOUR REALITY.

== ENCOURAGE AND SUPPORT EACH OTHER ==

(E.G. SUPPORT YOUR FRIENDS TO EXERCISE OR EAT
HEALTHY; ENCOURAGE YOUR COLLEAGUE TO REST OR
MOTIVATE THEM TO MEET THEIR WORK DEADLINES).

BE A ROLE MODEL

ENCOURAGE BEHAVIOURS THAT SUPPORT
MENTAL HEALTH AND WELLBEING.

HAVE A TRUSTED FRIEND

OR MENTOR YOU CAN TALK TO.



COLOR UP
THIS PAGE



30-DAY MENTAL HEALTH AND WELLNESS CHALLENGE



→ tick off the ones you have successfully completed, start anywhere!

1

Cook something new.

2

Watch a rugby/
soccer (football)
game.

3

Go for a walk.

4

Read for 10
minutes.

5

Schedule a game
night.

6

Do not touch your
phone for an hour.

7

Do something
outside.

8

Plan a healthy
meal.

9

Call someone that
you have not spoken
to in a while.

10

Share a childhood
story or memory
with someone.

11

Share a joke and
laugh out loud.

12

Look up CrossFit
and do one
workout.

13

Turn on the music
and dance like no
one is watching for
5 mins.

14

Stretch for at least
5 mins.

15

Go somewhere
quiet and spend
some 'alone time'
for at least 30 mins.

16

Get a pillow and
scream into your
pillow.

17

Get a massage.

18

Do something
for yourself/treat
yourself.

19

Go to your nearest
neighbourhood
vegetable market.

20

Write someone a
thank you note.

21

Organise a family
story time- share
some myths and
legends.

22

Organise a friendly
quiz.

23

Go offline for a day.

24

Talk to someone
you trust regarding
some of your
problems.

25

Set a wellness/
health goal (e.g.
exercise, career,
financial).

26

Do some recycling,
reusing, and
donating of items.

27

Get creative.

28

Volunteer or help
others.

29

Try learning
something new.

30

Rest.

SHOW THAT

YOU CARE THROUGH YOUR
WORDS AND ACTIONS.

== YOU CAN SHOW ==

YOU VALUE AND CARE ABOUT THE
MENTAL HEALTH AND WELLBEING
OF ALL YOUR COLLEAGUES
INCLUDING YOURS BY PRIORITISING
CARE AND WELLBEING.

APPROACH MENTAL HEALTH

AND WELLBEING IN THE SAME WAY AS
PHYSICAL HEALTH.

EMPATHISE

AND SUGGEST ALTERNATIVES
TO EASE WORKLOADS.



LOOK FOR OPPORTUNITIES TO SAY

Thank you.

TAKE PERSONAL RESPONSIBILITY

AND OWNERSHIP FOR BUILDING A WORK ENVIRONMENT WHERE GOOD MENTAL HEALTH AND WELLBEING ARE SEEN AS CORE ASSETS.

DID YOU **KNOW** ???

➡ MARSHALL ISLANDS

- Has 29 atolls and 5 small separate islands.
- Was first settled about 2000 years ago.

➡ NAURU

- 18 Kilometres in circumference and is the world's smallest independent republic.
- Became a member of the commonwealth in 1999.

➡ NEW CALEDONIA

- Was established around 6000 years ago.
- 28 distinct Kanak languages.
- Has 3 provinces.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

INCREASE MENTAL HEALTH

AWARENESS AMONG COLLEAGUES/STAFF BY
MAKING INFORMATION, TOOLS AND SUPPORT
ACCESSIBLE.

IN SAFE SPACES,

ENCOURAGE OPEN DISCUSSION ABOUT
MENTAL HEALTH AND WELLBEING TO
REDUCE THE STIGMA OFTEN ASSOCIATED
WITH MENTAL HEALTH.

GIVE YOURSELF TIME

TO ADJUST TO NEW WAYS OF
WORKING OR NEW SITUATIONS,
AND DON'T BE TOO HARD ON
YOURSELF. BE PATIENT.

YOU ARE NOT ALONE

TRY AND BE KINDER
TO YOURSELF. REMIND
YOURSELF THAT SOME
DAYS, WAKING UP AND
GETTING OUT OF BED IN
THE MORNING MIGHT BE
HARD - AND THAT'S OKAY. BE
GENTLE WITH YOURSELF.



© Arvin Sukul, Red Cave Arts, 2021

COMMUNITY

BY LITIA VULDAUSIGA

For all its flaws, our humanity is still
bound by the unflinching circle of
community.

The conveyance of condolences
The late-night calls to shed tears
And carry each other's burdens while
oceans apart.

It is food from a poor neighbor
A talanoa with our elders
The smell of freshly printed masi
And the skill of welders.

It is the abstract art of giving time
And sharing love
A gentle greeting, fleeting smile
We are all people made from above.

These moments teach what you should
know
Who should really matter
Beyond the superficial existence Of
social media banter.

For all its flaws,
Our finery is our people
Who span the rows of voivoi in the
midmorning light
And take the flight of a canoe at evening
Towards its deserved rest and respite.

It is serenity in the rustling leaves
It is a house by the forest
It is the shattering silence
Of a grieving chorus.

It is an anchored boat
Needing the security of stillness
It is support that nourish your soul
And goals and willingness.

For all its flaws, our humanity should
be bound by the unflinching circle of
community.

IF YOU ARE STRUGGLING

TO ADJUST OR FUNCTION WITH
YOUR DAY-TO-DAY ACTIVITIES,
THE ANSWER MIGHT BE IN
SEEKING OR ASKING FOR HELP
FROM SOMEONE YOU TRUST OR
A PROFESSIONAL.

IF YOU ARE STRESSED

AND OVERWORKED, THE
ANSWER MAY BE TO REST OR
TALK TO YOUR MANAGER/
SUPERVISOR ON A PLAN.

== OFFER YOURSELF ==

A LITTLE GRACE. NO MATTER WHERE
YOU'RE AT WITH YOUR LIFE OR THE
SITUATION YOU ARE IN, BE KIND.



DID YOU **KNOW** ???

➡ AOTEAROA/NEW ZEALAND

- Aotearoa means the land of the long white cloud.
- Has 2 main islands.

➡ NIUE

- Is a raised coral atoll and it was settled more than 1000 years ago.
- Niue became self-governing in 1974.

➡ NORFOLK ISLANDS

- It was originally settled by Polynesian people.
- Language is protected by legislation.
- Has around 1800-2000 permanent residents.

Source: The Pacific Community (SPC), 2020: Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities..

REMEMBER
THAT KINDNESS STARTS
WITH YOU.



REMEMBER THAT

YOU ARE DOING THE
BEST THAT YOU CAN
AND SO IS EVERYONE
ELSE.

BREADFRUIT AND FISH SALAD

INGREDIENTS

- 2 cups cooked mature breadfruit
- 1 cup cooked fresh fish or tinned fish
- 2 hard-boiled eggs, chopped
- 1 cup finely sliced vegetables such as carrots, Chinese cabbage, cucumber, or tomato
- 3 tablespoons onion,
- grated Watercress



METHOD

1. Cut the cooked breadfruit into cubes.
2. Combine all of the ingredients, except the watercress.
3. Add salad dressing or lemon juice if desired.
4. Serve cold on watercress.

Source: The Pacific Community (SPC), 2003. Secretariat of the Pacific Community, Community Education Training Centre, The Pacific Mix: Traditional and modern recipes for the Pacific Islands / Secretariat of the Pacific Community, Community Education Training Centre.

IT'S UNHELPFUL TO JUDGE

OTHERS AND YOURSELF HARSHLY. WHEN
YOU JUDGE SOMEONE OR SHAME SOMEONE
INCLUDING YOURSELF, THE RESULT IS
FEELING MORE MISERABLE.

IT IS EASIER TO BE COMPASSIONATE

TOWARDS PEOPLE AROUND YOU IF YOU ARE
ALREADY TREATING YOURSELF WITH KINDNESS
AND LOVE.

TREAT UNKINDNESS

AND HARSH WORDS WITH
LOVE.

WHEN YOU ARE BUSY

AND COMMITTED TO BEING KIND,
LOVING AND COMPASSIONATE
TOWARDS YOURSELF- YOU ARE
ACTUALLY SHOWING THOSE
AROUND YOU (INCLUDING
YOURSELF) THAT YOUR HEALTH
AND WELLBEING IS A PRIORITY!

== STOP TELLING ==

OTHERS HOW THEY SHOULD FEEL!



CONNECT THE DOTS



LIST 2 SMALL THINGS

AND 1 BIG ITEM TO ACHIEVE
DAILY.

FIND OUT WHAT 'ZAPS' AND 'SAPS'

YOUR ENERGY. A ZAPPER IS A PERSON FULL OF
ENERGY AND 'FULL OF CAN DO' ATTITUDE WHILE A
SAPPER IS A 'GLAD HALF EMPTY' PERSON.

RESET YOUR MIND

**AND FOCUS
ON WHAT YOU
CAN CONTROL.**

MAYBE YOU CAN START

MONITORING THE TIME YOU SPEND
ON SOCIAL MEDIA. YOU CAN
ALLOCATE XX NUMBER OF MINUTES
OR HOURS TO DO THAT.

== ASK YOURSELF, ==

"DOES BEING ON FACEBOOK,
INSTAGRAM AND ON TWITTER
ENERGISE ME OR DOES IT ZAP OR
SAP MY ENERGY?".

GAUGE YOUR ENERGY

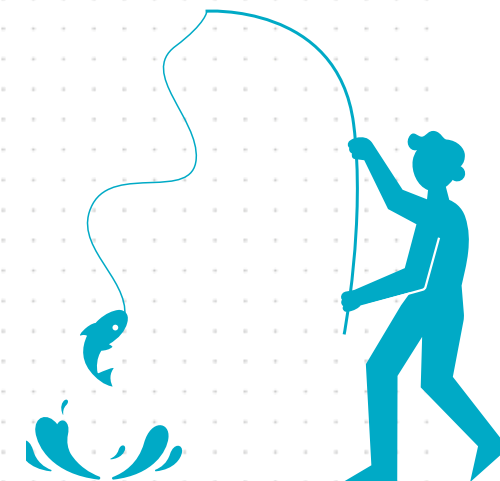
AND AS BEST AS YOU CAN,
SURROUND YOURSELF WITH THE
PEOPLE WHO NURTURE, NOURISH,
CHALLENGE, AND BUILD YOU.



DID YOU **KNOW** ???

- Most fishermen know that fishing is best in the morning just before and after sunrise, and at dusk just before and after sunset. This is when fish feed. At these times of the day when there is little natural light, baitfish and other prey species are more likely to be caught by fishermen or attacked by marine predators.
- Like the sun, the moon also affects fish behaviour. Ancient Polynesians knew that fishing was better just before and just after moonrise and moonset, and that the phases of the moon affected fishing.

Source: Sokimi W., Beverly S. 2010. Small-scale fishing techniques using light: A manual for fishermen: Noumea, New Caledonia: Secretariat of the Pacific Community. ix. 54 p.
<https://purl.org/spc/digilib/doc/ymkx>



DETACH FROM WORK

DURING YOUR LUNCH, ON YOUR BREAKS AND DURING WEEKENDS. WORKING WHILE YOU'RE ON YOUR BREAK OR CONSTANTLY CHECKING YOUR EMAILS CAN STRESS YOU OUT AND FEEL LIKE YOU'RE ALWAYS ON THE JOB.

DO WHAT YOU CAN AND REST.

NOURISHING

AND STRENGTHENING YOUR
PHYSICAL WELLBEING HELPS
YOU COPE WITH LIFE BETTER.



TAKING CARE

OF YOUR MENTAL
AND EMOTIONAL
WELLBEING IS VERY
IMPORTANT.



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THIS PAGE**



BRAIN TEASER

LET'S TRY AND FLEX OUR TWO MENTAL MUSCLES
(ATTENTION AND WORKING MEMORY)

1

SAY THE DAYS OF THE WEEK IN ALPHABETICAL ORDER AND THEN TRY SAYING IT BACKWARDS. (SPEAK OTHER LANGUAGES? TRY DOING THE SAME IN FRENCH, PIDGIN/BISLAMA, FIJIAN, TONGAN, SAMOAN...).

2

SAY THE MONTHS OF THE YEAR IN ALPHABETICAL ORDER. ONCE YOU HAVE DONE THIS THEN TRY SAYING IT BACKWARDS, IN REVERSE ALPHABETICAL ORDER.

3

NAME TWO OBJECTS AND TWO COUNTRIES/NAME OF A PLACE FOR EVERY LETTER IN YOUR FIRST NAME. WORK UP TO FIVE OBJECTS AND NAMES OF COUNTRIES, TRYING TO USE DIFFERENT ITEMS/PLACES EACH TIME.

4

FIND THE SUM OF YOUR DATE OF BIRTH, MM/DD/YYYY. WANT A TOUGHER MIND TEASER? DO THE SAME WITH YOUR COLLEAGUES, CHILD'S, OR FRIEND'S DATE OF BIRTH (WITHOUT LOOKING IT UP...).

5

LOOK AROUND YOU, WHEREVER YOU ARE, AND, WITHIN TWO MINUTES, TRY TO FIND 5 PURPLE THINGS THAT WILL FIT IN YOUR POCKETS, 5 RED THINGS THAT CAN FIT IN YOUR BAG, AND 5 BLUE OBJECTS THAT ARE TOO BIG TO FIT.

SALAD NiU



INGREDIENTS

- flesh of 1 coconut
- 2 tomatoes
- 1 carrot
- 1 onion
- 1 cucumber
- 1 canned fish or 2 cups flaked fresh fish
- juice of 1 lemon
- 4 small chillies, chopped
- salt to taste

METHOD

1. Grate the coconut very finely.
2. Cut the tomatoes, carrot, onion, and cucumber into cubes.
3. Add canned fish, lemon juice, chillies, and salt.
4. Mix well and serve.
5. Sprinkle grated carrot on top.

Source: The Pacific Community (SPC), 2003. Secretariat of the Pacific Community. Community Education Training Centre, The Pacific Mix: Traditional and modern recipes for the Pacific Islands / Secretariat of the Pacific Community. Community Education Training Centre.



YOU CAN STRENGTHEN

YOUR MENTAL AND EMOTIONAL
WELLBEING BY EATING HEALTHY
FOOD AND EXERCISING MORE.

'YOUR SPIRITUAL ESSENCE IS YOUR LIFE SOURCE'.

IT IS WHO YOU ARE, AND WHAT YOU ARE, WHERE YOU HAVE
COME FROM AND WHERE YOU ARE GOING.



PRAY, MEDITATE
OR ENJOY A QUIET
TIME OF REFLECTION.
TIME OF REFLECTION.

DID YOU ???
KNOW

➡ **PALAU**

- Has 300 Islands and 16 States. It was first settled around 3000 years ago.

SPENDING TIME WITH

YOUR FAMILY, HELPING THEM
AND TRYING TO MAKE THINGS
BETTER GIVES YOU ARE FEELING
OF PURPOSE, ACCOMPLISHMENT,
SATISFACTION AND CONNECTION.

IDENTIFY AND SHARE

CONTACT DETAILS OF SERVICE
PROVIDERS AND MENTAL HEALTH
PROFESSIONALS.

ORGANISE MENTAL HEALTH

AND WELLBEING AWARENESS
WEBINARS, WORKSHOPS AND
TRAININGS FOR ALL STAFF.

PRACTISE GRATITUDE EVERYDAY.

BE THANKFUL!

TAKE PART IN

SOCIAL CLUB ACTIVITIES OR
GET INVOLVED IN COMMUNITY
ACTIVITIES OR PROJECTS.



MAINTAIN A DAILY SCHEDULE



OF ACTIVITIES TO HELP YOU MAINTAIN
A HEALTHY WORK/LIFE BALANCE.

HELP OTHERS.



KEEP CULTURE ALIVE

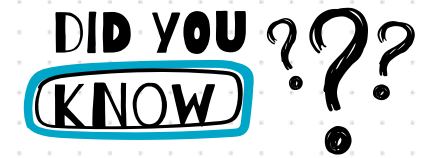
BY TEACHING CHILDREN
TRADITIONAL SONGS, CHANTS,
DANCES, WEAVING AND THE ART
OF STORYTELLING.

GROW YOUR OWN

FOOD GARDEN/
CONTRIBUTE TO A
COMMUNAL GARDEN.

REVITALISE TRADITIONAL

KNOWLEDGE ON FOOD
PRODUCTION AND PRESERVATION
TO IMPROVE FOOD SECURITY.



➡ LANGUAGE

- In addition to their own language, Pacific Island Countries and Territories use either English or French as an official language, and communications between SPC and member governments are most often in English or French. Learning some commonly used terms in the language(s) of the countries in which you work shows respect for the culture and helps to create rapport with country representatives.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

== BARTER. ==

EXCHANGE GOODS AND
SERVICES WITHOUT
THE USE OF MONEY.

WE MUST NOT FORGET

TO INCLUDE 'REST' AS A
KEY ACTIVITY OR GOAL
IN OUR DAILY PLANS OR
SCHEDULES.

TAKE PART IN SOME ART AND CRAFT

PROJECTS AS A WAY TO RELEASE STRESS BUT
ALSO AS A WAY OF DEVELOPING A NEW SKILL.



TAKE 5-10 MINS DAILY

TO FOCUS ON SOME
DEEP BREATHING.

DID YOU ???
KNOW

➡ **PAPUA NEW GUINEA**

- Is the largest Pacific Island nation.
- It is home to over 800 languages and has 19 provinces.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

SET YOUR ALARM

**TO ENSURE
YOU GET AT
8 HOURS
OF REST.**
eee

BE YOURSELF AND BE PROUD

OF HOW YOU SPEAK AND BE PROUD OF WHO YOU ARE AND THE CULTURES YOU REPRESENT.

SPEAK YOUR MIND,

BUT DO SO WITH KINDNESS
AND USE LESS JARGONS.



THE SHOW

→ BY AMELIA RIGSBY

After months of being stuck at home,
the celebrations have begun because the
restrictions are finally lifting
But despite how everyone else is excited,
I find my emotions constantly shifting

Sifting through all of my feelings, trying
to remember why I was excited in the
first place.

Wondering why we were so eager to get
here so quickly, like it was some kind of
race.

Now that this day is finally here, I'm not
sure how to feel or how to be.
Whenever I have to go anywhere with a
few people, whether it's two or ten, I find
my heart beating so fast as if it's about to
jump out of me.

I've spent so long at home in isolation
that when it comes to social situations, I
feel out of my depth, almost feeble.
I've forgotten what it's like to be around
other people

And once you've settled in, what then?
How much, how far, do you let people in?

People ask you how you're doing, but do
they REALLY want to know?
So you end up doing what everyone else
does, you put on a show.

You tell them about some of the ups and
downs, but never the full truth
Because they're probably going through
the same or worse, or that's what you
assume.

So you lie and don't tell them about how
your bills are giving you anxiety
Or how you don't want your family to
worry, so you cry in the middle of the
night quietly.

How you're so worried about losing your
job you have a stomach full of acid
At 30+ years and with a family, starting
"fresh" is no longer an option that's valid

You don't tell them about how you stare
at the ceiling each night praying that
you'll have enough "everything" until
your next pay cheque
Going over and over your budget until
you're a nervous wreck.

Trying to be hopeful that things will go
back to what they were like before COVID
Before everything went to shit and the
world imploded

Back when you had big dreams and big
plans that were actually achievable
To think you were once that comfortable

and carefree is now almost inconceivable

COVID came and turned everything
upside down
It turned the world into a circus and we're
the desperate, dancing clowns

Always ready to put on a show
We can't be selfish and tell people about
our problems because we know our loved
ones are suffering from the same daily
blows

No.
We don't tell anyone these things, we just
continue to keep them inside
Trying to be resilient as we wait and pray
for the turning of the tide.

So we smile our fake smiles and say
"We're Okay"
As we go back home, weary soldiers,
waiting to fight another day.





DEDICATE

YOUR ENERGY TO THE WORK
YOU ARE DOING.



DEDICATE

YOUR ENERGY ON
WHAT MATTERS
TO YOU.

RECOGNISE YOUR PROGRESS

- NO MATTER HOW SMALL - AND
CELEBRATE YOUR SMALL WINS.

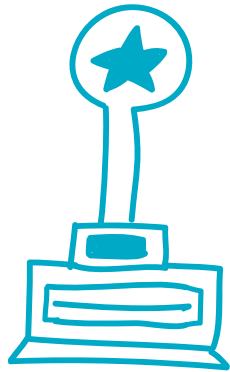
GIVE YOURSELF

A TIMEFRAME TO
COMPLETE YOUR
WORK.



BREAK DOWN YOUR GOALS INTO

~~~~~  
**ACHIEVABLE**  
**STEPS.**  
~~~~~



WITH ANY GOAL,
~~~~~

YOU WILL ALWAYS HAVE A "NOW" STEP.  
ONCE YOU ARE ABLE TO IDENTIFY YOUR  
'NOW STEP' (FIRST PRACTICAL STEP)  
THE REST OF YOUR STEPS SHOULD  
NATURALLY FALL INTO PLACE.

**DID YOU** ???  
**KNOW**

➡ **PITCAIRN ISLANDS**

- Has 4 Islands and has a population of around 50.
- Pitcairn is the only inhabited Island.

➡ **RAPA NUI/ EASTER ISLAND**

- It was first populated around 400 A.D.
- It is famous for its Moai (largest stone statues) and is a world heritage site.

## PLAN YOUR SELF-CARE TIME

JUST LIKE HOW YOU PLAN FOR YOUR MEETINGS ON ZOOM.

## SET FIRM

BOUNDARIES AND  
MAKE SURE YOUR  
COLLEAGUES,  
FRIENDS AND FAMILY  
ARE AWARE OF YOUR  
SCHEDULE.



**== YOU KNOW YOURSELF ==**

BEST SO PLAN ACTIVITIES THAT  
YOU KNOW WILL MAKE YOU FEEL  
GOOD.

**HOLD YOURSELF ACCOUNTABLE**

FOR KEEPING TO YOUR WELLNESS PLAN,  
IF YOU HAVE COMMITTED YOURSELF TO  
WALKING ON A WEDNESDAY AFTER WORK,  
BRING YOUR CHANGE ON TUESDAY.

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# GENERAL TRIVIA QUESTIONS



1. WHAT WAS VANUATU  
FORMERLY KNOWN AS?

\_\_\_\_\_

2. FISSURES, VENTS, AND PLUGS ARE ALL  
ASSOCIATED WITH WHICH GEOLOGICAL FEATURE?

\_\_\_\_\_

3. THE CAPITAL OF THE SOLOMON  
ISLANDS, HONIARA, IS SITUATED ON  
WHICH ISLAND?

\_\_\_\_\_

4. WHAT IS THE CAPITAL OF  
NEW CALEDONIA?

\_\_\_\_\_

5. WHICH COUNTRY WAS FORMERLY  
KNOWN AS THE GILBERT ISLANDS?

\_\_\_\_\_

6. ON WHICH ISLAND WOULD YOU BE  
IF YOU WERE VISITING NAN MADOL?

\_\_\_\_\_

7. WHO NAMED THE PACIFIC OCEAN?

\_\_\_\_\_

8. HOW OFTEN DOES EL NIÑO OCCUR?

\_\_\_\_\_

9. HOW MUCH OF THE WORLD'S CORAL REEFS  
ARE FOUND IN THE PACIFIC OCEAN?

\_\_\_\_\_

10. WHAT IS THE  
CAPITAL OF SAMOA?

\_\_\_\_\_

## ANSWERS

1. The jointly administered Anglo-French condominium of New Hebrides
2. Volcanos
3. Guadalcanal
4. Noumea
5. Pohnpei
6. Kiribati
7. Ferdinand Magellan
8. About every two to seven years
9. More than 75 percent
10. Apia

**INSTEAD OF:**

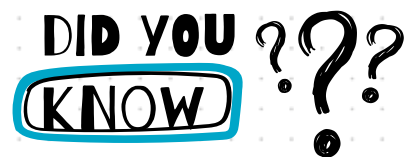
"THIS IS TOO HARD, I'LL NEVER  
LEARN" TRY: "IT'S MEANT  
TO BE HARD; WE GROW BY  
CHALLENGING OURSELVES."

**INSTEAD OF:**

"I'M A FAILURE." TRY: "I'M  
LEARNING."

## INSTEAD OF

"THIS IS TOO MUCH, I CAN'T COPE." TRY: "WHAT DO I NEED? WHO CAN I TALK TO ABOUT MY PROBLEMS?"



### ➡ SAMOA

- Has 2 main islands and was first settled more than 3500 years ago.
- Gained Independence in 1962.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

# INSTEAD OF:

~~"WHY IS THIS HAPPENING?"~~

## TRY:

"WHAT IS THIS TEACHING ME?"

## BE PATIENT.

GRIEF CAN REMAIN INTENSE FOR MONTHS. IT IS IMPORTANT FOR MANAGERS AND CO-WORKERS TO REALISE THAT GRIEF DESTABILISES FOCUS, CONSISTENCY AND DRIVE AND CAN AFFECT PRODUCTIVITY.

## LOOKING AFTER

OURSELVES OR 'TAKING CARE OF YOURSELF' HELPS US KEEP OUR BODY AND MIND PREPARED SO WE CAN BETTER DEAL WITH SITUATIONS THAT REQUIRE RESILIENCE.



## == WHEN WE SEEK OUT iNspiration ==

WE TEND TO HAVE A HOPEFUL VIEW OF  
THE FUTURE AND IN A BETTER POSITION TO  
REFRAME SITUATIONS.

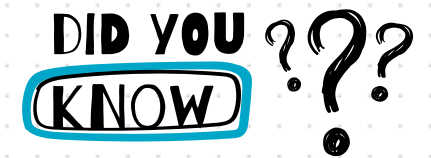
## FOCUS ON WHAT YOU CAN DO

AND WHAT IS AVAILABLE NOW, IN ORDER  
FOR YOU TO SUPPORT THOSE IN NEED.



## **STEP OUTSIDE**

OF YOUR HOME OR JUST LOOK  
OUT A WINDOW OR THE SKY- PAY  
CLOSE ATTENTION TO WHAT YOU  
SEE AND FEEL.



## **LEADERSHIP AND PROTOCOL**



- All Pacific Community members have a formal government structure, including ministries, departments, or divisions with authority for specific issues or resources. SPC's official contact and focal point is the Ministry of Foreign Affairs or its equivalent.
- Most member countries and territories also have traditional governance and leadership systems at local, provincial, and national levels.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

**CONNECT WITH NATURE  
OR THE OCEAN OR RIVER.**



# DID YOU KNOW

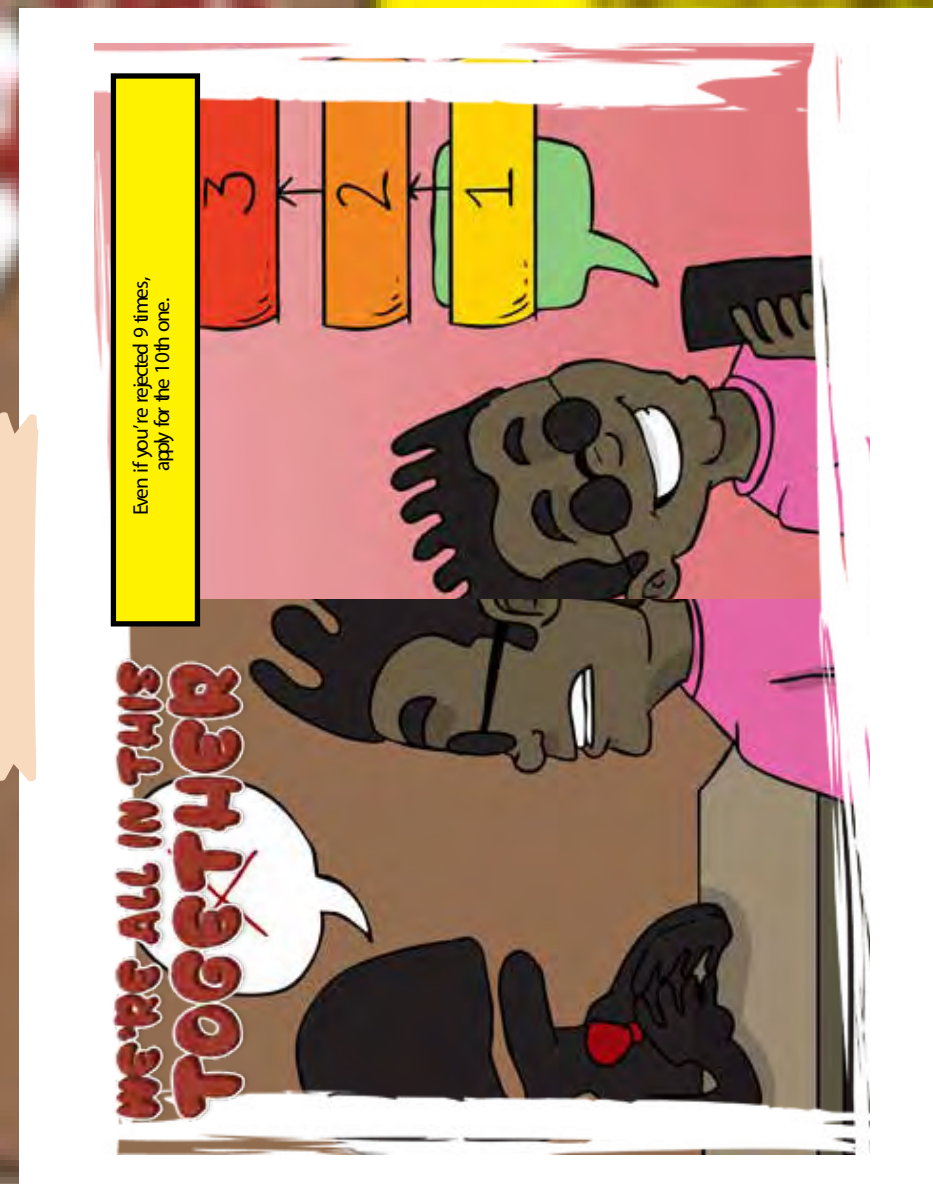


## The Pacific Community (SPC)

is the principal scientific and technical organisation in the Pacific region, proudly supporting development since 1947. We are an international development organisation owned and governed by our 27 country and territory members.



Much of our focus is on major cross-cutting issues, such as climate change, disaster risk management, food security, gender equality, human rights, non-communicable diseases, and youth employment. Using a multi-sector approach in responding to our members' development priorities, we draw upon skills and capabilities from around the region and internationally and support the empowerment of Pacific communities and sharing of expertise and skills between countries and territories.



## **WE ARE DEFINED BY**

HOW WE TREAT EACH OTHER  
DURING THIS CRISIS. YOU CAN  
BE A BEACON OF HOPE IN YOUR  
FAMILY, YOUR WORKPLACE, AND  
YOUR NEIGHBOURHOOD.

## **— DON'T LET SOCIAL —**

AND PHYSICAL DISTANCING  
FOSTER SOCIAL OR PHYSICAL  
ISOLATION. INSTEAD, CONSIDER  
WAYS THAT YOU CAN USE THIS  
TIME TO RECONNECT WITH  
OTHERS.

## VALUE IDEAS

RESPECT THE WISDOM  
OF THE PEOPLE  
CLOSEST TO THE WORK.

## BE AWARE OF YOUR WORK HOURS,

TAKE REGULAR BREAKS AND TRY TO LIMIT  
VIRTUAL MEETINGS OR SCREEN TIME SESSIONS.

## VALUE EACH OTHER'S TIME.

CONSISTENTLY HONOUR THE MOST  
PRECIOUS RESOURCE. START AND  
END YOUR MEETINGS ON TIME.

## VALUE EACH OTHER'S ROLES.

APPRECIATE THE IMPORTANCE OF  
EVERYONE'S UNIQUE CONTRIBUTION.





## VALUE HUMANITY.

CONNECT PERSONALLY,  
RECOGNISE EFFORT, AND  
SHOW GRACE.

## DID YOU **KNOW** ???

### ➡ SOLOMON ISLANDS

- Has 900 islands and was first settled some 10,000 years ago.
- Has 63 distinct languages

### ➡ TOKELAU

- Has 3 small atolls and was settled some 1000 years ago.
- Tokelauans are New Zealand citizens.

### ➡ TONGA

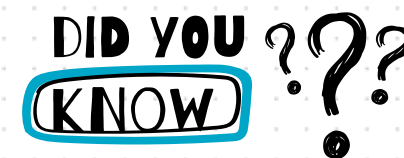
- Has 3 main Island groups and has 177 smaller islands.
- Is a constitutional monarchy.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities

**SAY YES  
TO PEOPLE  
WHO WANT TO**  
*help you.*

## NOTICE WHERE YOU RESIST

RECEIVING OR WHERE/WHEN YOU SAY NO AND SEE HOW YOU CAN CREATE SMALL SHIFTS IN YOUR BEHAVIOUR. MOST OF THE TIME, WE SAY NO TO 'RECEIVING' BECAUSE OF OUR CULTURE OR THAT WE ARE SHY.



### ➡ LEADERSHIP AND PROTOCOL

- If you are travelling into any Pacific Island Country or territory, you should be aware of and respect protocols. Try and familiarise yourself with these protocols before your travel and should always ask local focal points and contacts for advice on special procedures that should be followed in conducting a particular project or activity.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

== FOSTER A SUPPORTIVE ==  
AND SAFE ENVIRONMENT.





© Susie Elliot, InkBone Fine Arts, 2021

# MENTORING & ENERGY

→ BY LITIA VULDAUSIGA

Find mentoring in the spaces  
That return you to your core  
Put time in warm embraces  
In prayers and family lore.

Banter with brothers  
Swim with yoursaltwater sisters  
Enjoy the herbs of healing mothers  
And gentle love of our misters.

Just as the moon anoints water  
And sweeps the coastal tide  
So too shall life's struggles  
Heave, but abide.

Our bodies  
The carved vases of family and flowers  
Of mana and oceanic powers  
Of prawns, and hibiscus and guavas.

So find mentoring in the spaces  
That strengthen your core  
That may offer you the growth  
To take flight and soar.

These spaces are the mark of personality  
Find the ones with your creative audacity  
As you eat and sleep to destiny.



## REGULARLY

AND SUPPORTIVELY MONITOR  
STAFF WELL-BEING (PHYSICAL,  
EMOTIONAL, AND MENTAL).

## BE AWARE

OF THE SIGNS OF  
BURNOUT AND  
SUPPORT STAFF,  
COLLEAGUES OR  
FRIENDS WHEN  
NEEDED.

## ASK YOUR FRIENDS,



FAMILY, OR COLLEAGUES TO CONNECT YOU WITH SOMEONE WHO CAN MENTOR YOU TO HELP YOU STAY TRUE TO YOUR COURSE.

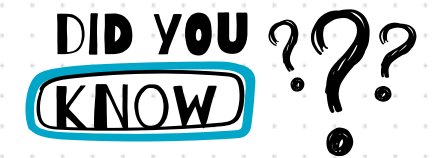
## LIST AT LEAST 2 PEOPLE

IN YOUR LIFE THAT YOU CAN LEARN FROM OR WOULD BENEFIT GREATLY FROM, IN TERMS OF ADVICE AND GUIDANCE. SPEND MORE TIME WITH THEM.



## **SCHEDULE IN MEETING**

TIMES WITH YOUR MENTOR- EVEN IF  
IT'S JUST FOR COFFEE/TEA.



## **CEREMONIES**

Some ceremonies have strict rules governing seating, dress, and how certain individuals should be addressed. If a ceremony is held to welcome you or the SPC project or programme you are involved in, you may be called on to give an address.

In general, you should be sure to acknowledge (as appropriate) three groups of people:

- government officials
- traditional leaders
- religious leaders

Before you make an address, find out who should be acknowledged and in which order, and their correct names and titles.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

## **DON'T STOP DOING**

THE THINGS YOU ENJOY AND  
LOVE. BRING THEM INDOORS  
OR TO YOUR BACKYARD.



## == SET 'DATES' ==

WITH FAMILY MEMBERS AND LOVED ONES. USE THIS TIME TO CATCH UP, SHARE OLD STORIES AND MEMORIES.



### → TUVALU

- Has 8 islands and has 26 km<sup>2</sup> land area.
- 60% of its population lives on Funafuti

atoll.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

### → VANUATU

- Has 12 large islands and 70 smaller islets.
- Has around 105 languages.

SET BOUNDARIES,  
AND AIM TO NURTURE  
**RELATIONSHIPS.**

## **LET SOMEONE**

(A FRIEND, SOMEONE YOU  
TRUST OR WORK WITH)  
KNOW IF YOU NEED HELP.  
ASK FOR HELP AND ACCEPT  
IT WHEN ITS OFFERED.

## **== ASKING FOR HELP IS OK. ==**

IT HAS BEEN STRESSFUL- SO KNOW THAT YOU  
ARE NOT ALONE. HELP IS AVAILABLE- JUST  
ASK.





EVEN WITH ITS UPS AND DOWNS  
AND THE INTERWEAVING OF  
ALL TYPES OF EXPERIENCES.

LIFE IS STILL A  
WONDERFUL PROCESS.

BE PATIENT WITH YOURSELF  
BE KIND.

BE THERE FOR YOURSELF  
APPRECIATE YOURSELF

AND STRIVE TO NEVER BE  
SOMEONE ELSE'S VERSION  
OF YOURSELF

BE YOURSELF FOR THERE IS NO  
ONE ELSE IN THE WORLD LIKE YOU

# LET'S TRAVEL TO SPC MEMBER COUNTRIES:



DO YOU KNOW YOUR FLAGS?



- |                                      |                                 |                                 |                      |
|--------------------------------------|---------------------------------|---------------------------------|----------------------|
| 1. AMERICAN SAMOA                    | 8. TUVALU                       | 15. AUSTRALIA                   | 22. KIRIBATI         |
| 2. WALLIS AND FUTUNA                 | 9. PALAU                        | 16. VANUATU                     | 23. THE COOK ISLANDS |
| 3. MARSHALL ISLANDS                  | 10. GUAM                        | 17. PITCAIRN ISLANDS            | 24. SOLOMON ISLANDS  |
| 4. PAPUA NEW GUINEA                  | 11. NIUE                        | 18. FIJI                        | 25. NEW ZEALAND      |
| 5. FRENCH POLYNESIA                  | 12. TONGA                       | 19. SAMOA                       | 26. FRANCE           |
| 6. NEW CALEDONIA                     | 13. NAURU                       | 20. TOKELAU                     | 27. UNITED KINGDOM   |
| 7. FEDERATED STATES OF<br>MICRONESIA | 14. UNITED STATES<br>OF AMERICA | 21. NORTHERN MARIANA<br>ISLANDS |                      |

## TRY THINKING OF

YOURSELF AS YOUR OWN BEST FRIEND.  
TRY TO BE POSITIVE, COMPASSIONATE,  
AND KIND TO YOURSELF. SCHEDULE  
QUALITY CHECK-INS AND QUIET TIME FOR  
YOURSELF.

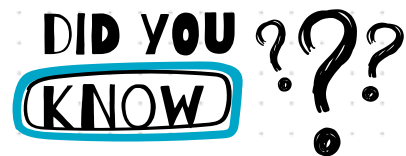
## ENCOURAGE AND REWARD YOURSELF

FOR GETTING THROUGH A CHALLENGING TIME,  
HOWEVER SMALL, REINFORCES SELF-CONFIDENCE  
AND RESPECT.



## ENGAGE IN

AN ACTIVITY THAT YOU  
LOVE AND ENJOY.



### ➡ WALLIS AND FUTUNA

- Has 2 groups of islands and is an overseas collectivity of France.
- 66% of inhabitants live on Wallis.

Source: The Pacific Community (SPC), 2020. Cultural Etiquette in the Pacific Guidelines for staff working in Pacific communities.

# TAKE TIME

## TO REST!



**ACKNOWLEDGE HOW  
YOU FEEL.**



**FEEL ALL YOUR EMOTIONS,**

GOOD OR BAD. SIT WITH THEM. TALK  
OR WRITE ABOUT HOW YOU FEEL.  
PUTTING FEELINGS INTO WORDS  
REDUCES THE INTENSITY OF EMOTIONS  
SUCH AS SADNESS, ANGER, AND PAIN.

## **DON'T SHAME ANOTHER**

PERSON FOR THEIR EMOTIONS. LISTEN AND  
VALIDATE HOW OTHERS FEEL, EVEN IF IT'S  
DIFFERENT THAN HOW YOU FEEL.



**== IF YOU WANT TO BE PRODUCTIVE, ==**

START WITH SMALL, ACTIONABLE  
STEPS.

## WAWA PATUPATU (TARO PUDDING)

### INGREDIENTS

- 3 medium-sized taro
- 3–4 coconuts
- sugar to taste



### METHOD

1. Peel the taro and boil until cooked.
2. Beat the cooked taro with a wooden pounder until it is soft and smooth.
3. Grate and squeeze out coconut cream without using any water.
4. Heat the coconut cream until it boils, then add sugar to taste.
5. Pour the boiled cream over the taro.

Source: The Pacific Community (SPC), 2003. Secretariat of the Pacific Community. Community Education Training Centre, The Pacific Mix: Traditional and modern recipes for the Pacific Islands / Secretariat of the Pacific Community. Community Education Training Centre.



### MODEL

KINDNESS AND  
COMPASSION  
TOWARDS ONESELF  
AND OTHER TEAM  
MEMBERS.

## EXPAND ON THINGS

YOU ARE ALREADY GOOD AT  
OR FAMILIAR WITH. STICK WITH  
WHAT YOU KNOW UNTIL YOU  
FEEL BETTER.



# DID YOU

# KNOW



THE PACIFIC COMMUNITY (SPC) IS ONE OF NINE COUNCIL OF REGIONAL ORGANISATIONS IN THE PACIFIC (CROP) AGENCIES. WE ENJOY CLOSE TIES WITH FELLOW CROP AGENCIES, COLLABORATING ON TECHNICAL AND SCIENTIFIC WORK ACROSS DIFFERENT SECTORS AND ON KEY CROSS-CUTTING ISSUES SUCH AS CLIMATE CHANGE MITIGATION AND ADAPTATION, DISASTER RISK RESILIENCE, SUSTAINABLE OCEANS MANAGEMENT, PUBLIC HEALTH, EDUCATION, SUSTAINABLE TOURISM, AND CULTURE PRESERVATION TO NAME A FEW.

## CROP FAMILY

- ➔ PACIFIC AVIATION SAFETY OFFICE (PASO)
- ➔ PACIFIC ISLANDS DEVELOPMENT PROGRAMME (PIDP)
- ➔ PACIFIC ISLANDS FORUM FISHERIES AGENCY (FFA)
- ➔ PACIFIC ISLANDS FORUM SECRETARIAT (PIFS)
- ➔ PACIFIC POWER ASSOCIATION (PPA)
- ➔ SECRETARIAT OF THE PACIFIC REGIONAL ENVIRONMENT PROGRAMME (SPREP)
- ➔ PACIFIC TOURISM ORGANISATION (SPTO)
- ➔ THE PACIFIC COMMUNITY (SPC)
- ➔ UNIVERSITY OF THE SOUTH PACIFIC (USP)



## FIND YOUR NEW BALANCE

TRY AND KEEP UP THE GOOD  
HABITS.

## KNOW YOUR OWN MIND

TRY AND WORK OUT HOW YOU  
ARE DOING.

## CONTINUE TO PRIORITISE

ACTIVITIES THAT KEEP YOU CENTRED AND HAPPY, WHETHER IT'S EXERCISING, EATING WELL, QUIET TIME OR SIMPLY CONNECTING WITH LOVED ONES.

## SET SOME NEW GOALS

IF IT FEELS RIGHT, MOST OF ALL, BE GENTLE AND KIND TO YOURSELF AND FIND A WAY TO GET WHAT YOU NEED FOR YOUR MENTAL HEALTH.

**STAY SAFE AND  
BE WELL!**

# SEEK **HELP**

**Your mental health and well-being is as important as your physical health<sup>[1]</sup>. In order to help others, you must first look after your own well-being so that you can:**

- be safe and able to enjoy life.
- think clearly and make decisions that can save lives during critical situation.
- cope with the demands of your role and daily activities.
- be patient and kind to yourself, and those around you.

If stress, sadness, anxiety, or depression is stopping you from carrying out your normal activities for more than 3-4 weeks, or you have thoughts of hurting yourself or others, immediately seek support from a counsellor or mental health professional near you. If this support is not available in your country or location, speak to someone you trust, and they can help you get the professional help you need.

**If you have experienced or are at risk of domestic violence; or if you know someone who needs assistance, contact the following helpline numbers.**

## **DOMESTIC VIOLENCE HELPLINE NUMBERS:**

|                                |                                     |
|--------------------------------|-------------------------------------|
| Fiji- 1560;                    | Vanuatu- 24000;                     |
| Kiribati- 191;                 | New Caledonia 05 30 30 (Helpline) & |
| Samoa- 800-7874;               | 500 067;                            |
| Solomon Islands – 20619/26999; | RMI (+692-625-5290 (SMS with name,  |
| Tonga- 0800-444;               | address and contact number)         |

Gender-based violence (GBV) is a tragic reality in every country. Victims of GBV often choose to remain silent for fear of being stigmatised or being subjected to further violence. We all have a responsibility to speak out against violence, to ensure that women, men, girls and boys are safe from rape and violence in all places in our societies.

<sup>[1]</sup> MHPSS COVID-19 Tip sheets, Community Toolkit.





Pacific  
Community  
Communauté  
du Pacifique



EUROPEAN UNION