

Flourish & Thrive with a Health Condition

Learn from Health Psychologists during Psychology Week 2021

New Zealand Psychological Society
Rōpū Mātai Hinengaro o Aotearoa



Free Lunchtime Webinar Series for the Public

Hosted by the Institute of Health Psychology, NZ Psychological Society

All welcome, just join the webinars using zoom links at the web page below



Can mobile phones help people manage their health?

Dr Rosie Dobson, Health Psychologist

Did you know that mobile phones can be used to support you to manage your health? This talk will discuss the evidence for mHealth (mobile health) tools and factors to consider when using these.

10 May 12-12.40pm

Monday



Sleep Well, Feel better: Strategies for improving sleep

Anna Griffiths, Health Psychologist

Improving the quality of our sleep is arguably one of the most effective things that we can do to support our health and wellbeing. Learn about why sleep is important and how to get more of it.

11 May 12-12.40pm

Tuesday



GPS Signal Lost: Supporting you in navigating and negotiating your healthcare, Jesse Fia'ali'i, Health Psychologist

Seeking help from the healthcare system for yourself or your whaanau can feel like navigating a strange, hectic intersection without the help of a map or GPS. This talk gives you tips and tricks to get the most of your healthcare.

12 May, 12-12.40pm

Wednesday



When the going gets tough, the tough get going – Looking after intimate relationships in times of health challenge, Leena St Martin, Clinical Psychologist

This talk will discuss tips and tools for maintaining emotional and sexual intimacy in the face of a challenging health condition.

13 May, 12-12.40pm

Thursday



There is no such thing as a drug free holiday: Strategies to assist you to take your medicines Iris S. Fontanilla, Health Psychologist

This talk will discuss the costs/problems with non-adherence and psychological barriers to overcome them.

14 May, 12-12.40pm

Friday

For zoom webinar links (available from 10 May) and more info see

<https://www.psychology.org.nz/public/psychology-week>