

# Flourish & Thrive with a Health Condition

Learn from Health Psychologists during Psychology Week 2021

New Zealand Psychological Society  
Rōpū Mātai Hinengaro o Aotearoa

INSTITUTE  
of  
HEALTH  
PSYCHOLOGY

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 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.

Monday

10 May 12-12.40pm



## 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.

Tuesday

11 May 12-12.40pm



## 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.

Wednesday

12 May, 12-12.40pm



## 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.

Thursday

13 May, 12-12.40pm



## 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.

Friday

14 May, 12-12.40pm

Zoom link <https://us02web.zoom.us/j/84739775457?pwd=N0tGTllYR05keXRrc3g0SGJDOEhPdZ09>

Or from the Zoom website: Join a Meeting: Webinar ID: 847 3977 5457 Passcode: 063564

Daily updates for Psychology Week: <https://www.psychology.org.nz/public/psychology-week>