

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>