

## Media Release

4 November, 2015

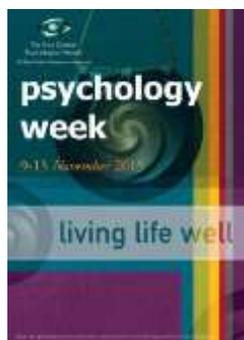
For immediate release-

Attention: Health and Social Issues Reporters

### Psychology Week 9-15 November 2015 – A first in Aotearoa

Psychology week is an opportunity for New Zealanders to think about their own and their community's psychological health and well-being.

“In our busy lives it is all too easy to neglect our own well-being as we get caught up in just getting through the demands of each day,” said Dr Kerry Gibson, President of the New Zealand Psychological Society.



“We have decided to run a week of free events to draw attention to the importance of psychological health and of taking care of ourselves and our communities,” she added. “New Zealanders are very good at doing things and making things happen, but I think we still need to develop a culture which makes it easier for people to talk openly about the psychological struggles that many of us face in our lives, whether this be due to personal losses, financial insecurities or a range of other life stresses.”

Dr Gibson noted that while psychology offered effective, evidence-based ways of tackling psychological problems, it could also help people identify strengths to enable them to live more meaningful and productive lives.

With this new initiative the New Zealand Psychological Society (NZPSS) is aiming to focus on living life well during Psychology Week- 9- 15 November. There will be a series of public events throughout Aotearoa where people with psychological training will discuss the diverse ways in which psychology contributes to our lives and wellbeing. Topics include:

- Understanding and managing stress
- The place of rugby in our national psychology
- Mind skills for rugby players
- Why do people deliberately hurt themselves?
- The psychology of driving
- How young people can manage their own anxiety
- Cyberbullying
- Mindfulness
- Positive psychology for wellbeing
- Managing children’s behaviour
- Psychology, climate change and sustainability
- What do psychologists do?

Psychologists who work in a range of areas/issues including mental health, education, criminal justice settings, health, sports, community social justice, kaupapa Māori and many others are contributing to this

week. Psychology Week is celebrated by the New Zealand Psychological Society in conjunction with the Australian Psychological Society as part of the trans-Tasman cooperation enjoyed by the two organisations. To learn more about Psychology Week and events around the country go to <http://www.psychology.org.nz/>

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### **Background to the New Zealand Psychological Society**

The New Zealand Psychological Society is the largest professional association for psychologists in New Zealand. It has over 1500 members and subscribers and aims to improve individual and community wellbeing by representing, promoting and advancing the scientific discipline and practice of psychology.