

# The Wobble Report



BECAUSE BALANCE ISN'T ALWAYS A STRIGHT LINE

## Who we are

Balance Aotearoa is a lived experience-led organisation committed to transforming mental health and addiction systems through peer support, advocacy, and co-design. Rooted in the values of whanaungatanga, manaakitanga, and equity, We champion community-led solutions that honour diverse voices and lived realities. Our mahi spans 14 peer support, Conversation Cafe's, peer support at Hope & co. advocacy, group support and facilitation and inclusive events - all designed to foster connection, reduce stigma, and uphold the mana of those navigating mental distress.

We believe in the power of storytelling, tactile design, and playful engagement to create spaces where people feel seen, heard, and valued. Whether through peer-led workshops, national submissions, or sensory-rich community events,

## April Highlights

April brought some crazy weather along with some reminders to keep our emergency kits up to date.

We also, over here at Balance and Hope & Co. started to implement starting new groups at Hope & co. We have our Crafty Fridays going now and Journalling on Wednesdays.

With more groups coming up this month,

April brought school holidays, easter and with those brings both chances to be with whānau and for some people, reminders of what they don't have. We hope you were able to extend the kindness that Easter embodies to those around you.



# Skill to work on this month

## 3 Breath Reset

### What it is:

A tiny, repeatable pause you can use anytime—three intentional breaths—to:

- Notice what's happening in your body
- Name what you're feeling
- Choose your next step (instead of reacting on autopilot)

It's not meditation, not "fixing yourself"—just a micro-reset.



### Why it matters:

- Nervous system: It gives your body a quick signal of safety, which can lower stress and reactivity.
- Choice instead of autopilot: It creates a gap between trigger and response, so you can choose what you do next.
- Doable for busy/overwhelmed brains: Three breaths is short enough to use in real life—corridors, cars, bathrooms, Zoom calls.
- Trauma-informed: It doesn't demand disclosure, positivity, or "calm"—it just invites noticing and choice.

You can frame it as: "You don't have to be okay. You just get three breaths to decide what you want to do next."

**1** Notice your "cue"  
Goal: Catch the moment before you spiral or shut down.

- Common cues: tight chest, jaw clenching, talking faster, going blank, wanting to run/argue/people-please.

"When I notice: \_\_\_\_\_, I'll try a 3-breath reset."

**2** Take breath 1 - "I notice"  
Focus: Just noticing, no fixing.

1. Inhale gently through your nose.
2. Exhale slowly through your mouth.
3. Silently say:
  - "I notice..." and add one thing:
    - "I notice my heart is fast."
    - "I notice I'm overwhelmed."
    - "I notice I want to disappear."

**3** Take breath 2 - "I name"  
Focus: Put a simple word to your state.

1. Inhale again.
2. Exhale slowly.
3. Silently say:
  - "Right now I feel..." and choose one word:
    - "angry / scared / tired / overloaded / numb / hopeful / unsure"

If naming a feeling is too hard, use:

- "Right now I feel: too much" or "not enough" or "I don't know."

**4** Take breath 3 - "I choose"  
Focus: Choose one tiny next step that's kind to you.

1. Inhale gently.
2. Exhale slowly.
3. Silently say:
  - "My next step is..." and pick one of these (or your own):
    - "take a drink of water"
    - "ask for a 5-minute break"
    - "write down what I want to say before I say it"
    - "say 'I need a moment to think'"
    - "message someone I trust later"
    - "do nothing right now and just get through this moment"



# Balance Groups

Balance Aotearoa offers a variety of Peer-led groups over the week in a range of places across the Whanganui area.

**ALL of our groups are FREE and open to anyone!**

Our groups are co-designed based of consumer feedback through feedback forms, Kōrero and our monthly members hui's. Any and all feedback is both welcomed and actively encouraged. These groups are meant to benefit as many of our community as possible, so share the news around and give something new a try.

If you're feeling a bit anxious about turning up on your own, you are more than welcome to bring a support person, kaimahi, friend, whānau member along with you, or alternatively reach out to our peer team and ask for some peer support to come along.

We hope to see you around

Monday	9:30am - 12pm	Hope & Co. Warm Cafe 63A Ridgway Street	<b>Magic Monday's:</b> After careful consideration our monday group is changing a litte, instead of 2 seperate groups we are doing 1 slightly longer group with a bigger focus on the skills we require for living a wholesome, fulfilling life.
Tuesday	NO GROUPS		Closed
Wednesday	1-2:30pm	Whanganui Learning Centre - 232 Wicksteed St	<b>Resiliency 101:</b> An open course exploring our values, beliefs, goals, wellness tools, communication skills, resilience, self-confidence, relationships, and much more. New topics are covered each week.
Thursday	9:30am - 11am	Splash Centre	<b>Splash Centre:</b> Your chance to have a swim, gym, sauna, spa. An I.D card is necessary for free entry, contact Lynn or Balance on <a href="mailto:info@balance.org.nz">info@balance.org.nz</a>
	11am - 4pm	Level 2, 76 Guyton Street Whanganui Creative Space	<b>Artistic Expression:</b> Join our art tutor and our crafty, arty staff. Start something new, bring your own project, get artistic guidance, or simply make some artistic friends.
Friday	10am - 12pm	Hope & Co. Warm Cafe 63A Ridgway Street	<b>Piki Ake - Keep rising.</b> A commitment based 10 week addictions program open to people with any form of addiction.
	1:30pm- 2:30pm	Hope & Co. Warm Cafe 63A Ridgway Street	<b>Sharing Circle:</b> A relaxed group where we share what's on top for us in our mental health journey and life in general.

# Group Content Month: May 2026

## Magic Mondays

4.5.26: Bubbles, meditation and seasonal depression

11.5.26: Bubbles meditation, cooking soup and flatbreads

18.5.26: Bubbles, meditation, Introduction to the Grateful Book

25.5.26: Bubbles, meditation, creating the Grateful Book

## Resilience 101

Whanganui Learning Centre

6.5.26: Understanding and defining resilience.

13.5.26: Nervous system regulation and stress management

20.5.26: Cognitive reframing and growth mindset

27.4.26: Personal strengths and meaning making

## Piki Ake

10-12pm Fridays

63A Ridgway Street

Structured Addictions Support  
Group

## Artistic Expression

BYO project to work on or  
start something new.

Working on Portfolios for  
the show at the end of the  
year

## Sharing Circle

Listen and share with peers

Fridays  
1:30-2:30pm

Hope & Co. Warm Cafe  
63A Ridgway Street

## Other

Splash Group - Thursday mornings,  
you need your Balance ID to get in  
9:30-11am

## Date's to remember

Important things coming up in May

Every Wednesday - Journaling at Hope & Co.

Every Friday - Crafty Fridays at Hope & Co.

Our next members hui is June 2026

Have anything coming up in a specific month that you would like added to this section of the newsletter?

Get in touch to have it added.



Unscramble the mixed up words to find some wellness related terms

1. LSENLWES
2. FMUNDLI
3. ILBGWNEEL
4. YATVLIIT
5. GEENRY
6. TTONNEC
7. ESTLTED
8. RAETULEGD

## Group of the month

# Resiliency 101

When: Wednesdays 1-2:30pm

Where: Whanganui Learning Centre

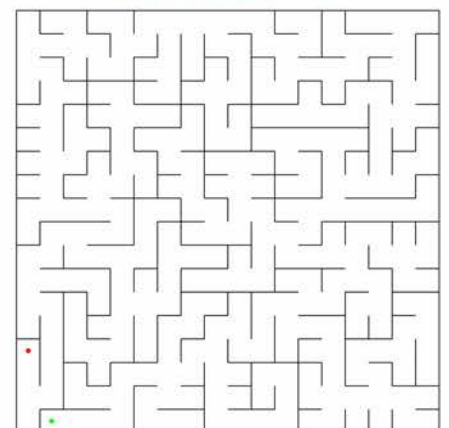
Resiliency 101 is a gentle, practical space to explore the things that help us feel grounded, confident, and capable in everyday life. Each week introduces a new topic - from values and beliefs to communication, wellness tools, relationships, and self-confidence - all delivered in a way that's easy to understand and make your own.

This group isn't about having everything sorted. It's about learning small skills, asking good questions, and discovering what helps you feel steady and supported. Sessions are relaxed, welcoming, and

**designed so you can take part in whatever way feels right – listening, sharing, reflecting, or simply being in the room.**

**If you're wanting to build resilience, strengthen your sense of self, or explore new ways of navigating life's ups and downs, Resiliency 101 is a great place to start.**

**Pop in to the group whenever you are ready, no need to register**



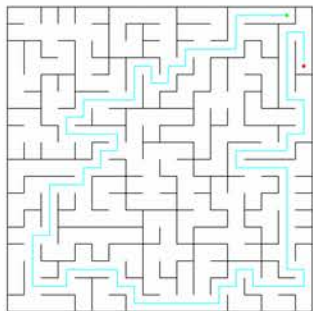
# You said | We did

Your voices shape everything we do.

Every kōrero, suggestion, and piece of feedback helps us grow stronger as a community. In this new section, we're sharing how your insights have guided real changes - from group topics and space setups to signage, support systems, and beyond.

**You said:** You'd like planned and structured groups with content that is set and won't change last minute.

**We did:** We have asked all facilitators to bring us the content for this newsletter so everyone is aware of what they are walking into. We are also ensuring facilitators have dedicated time to plan and organise group content



REGULATED	8. RAETULEGD
SETTLED	7. ESTLTED
CONNECT	6. TTONNEC
ENERGY	5. GEENRY
VITALITY	4. YATVLIT
WELLBEING	3. ILBGWNEEL
MINDFUL	2. FMUNDLI
WELLNESS	1. LSENLWES



## Contact

Want to get in touch?

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Peer Support and Advocacy