



TE WHARE WHAA RAU MA TAHİ CENTRE 401 TRUST

PLANET 401

WHAA RAU MA TAHİ

FEBRUARY
Pēpuere

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH

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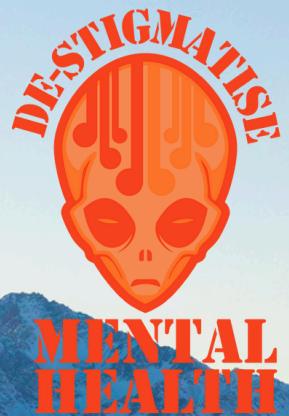
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email: admin@centre401.co.nz & subscribe.



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Random
Riddle:

What flies forever and rests never?





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WEEKLY WORKSHOPS

Raahina
Monday

COUCH TO
5K - WALK
9.30AM
Departing C401

TE REO
RANGATIRA
Training Room

TECH CLUB
11-12
Care Café

Raatu
Tuesday

COUCH TO
5K - WALK
9.30AM
Departing C401 - Offsite walk

CHANGE
CHALLENGE
10:00 - 11:00AM
Training Room

Raapa
Wednesday

COUCH TO
5K - WALK
9.30AM
Departing C401

WOMEN'S
GROUP
11-12PM
MADJAM
11-1 PM
Training Room

NGAA TOI
1-3PM
Training Room

Raapare
Thursday

HOME
HACKS
10:00-
11:00AM
Care Cafe

DEPRESSION
& ANXIETY
11:30 - 12:30PM
Training Room

COMING
SOON!!

Raamere
Friday

WAIATA
9:30-10
Training Room

ART O CLOCK
10:30-12
Training Room

MADJAM
1-3PM
Training Room

We look forward to seeing you :)

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Free FM
89
Independent COMMUNITY MEDIA



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What's Happening in 2026

We have heaps on again this year.
Loads of Awesome Workshops and Heaps
of amazing Events for you to check out.

20
26

- 6 Feb Waitangi Day
- 2-6 Mar Kai Hakiri
- 6-9 Jul Matariki
- TBC Tune Up
- 14-18 Sep Te Wiki O Te Reo
- 15 Oct Mad Pride
- 16 Dec Members Christmas

- Check out Planet 401 every month to find out what's happening around the Centre.
- We have Workshops/ Groups & Events happening all the time so come in and check us out.
- Signing up to become a member is easy as... just pop in or give us a call to find out more.

07 838 0199 306 Tristram St



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CC

CHANGE
CHALLENGE

2026

Change Challenge is an 8-week program that aims to support people to understand change, choose meaningful areas to work on, build confidence and make small sustainable changes that support personal values and holistic wellbeing, and provide practical skills to enhance our ability to cope with and manage, the inevitable process of change in our lives.

10:00 – 11:00

TUESDAY



Location: Training room

(07) 838 0199 WWW.CENTRE401.CO.NZ

Psycoffee



Monday 10am - 11am

Centre Place Food Court

Wednesday 1.30pm-
2.30pm

Fastlane Fitness, Foodzone

Thursday 10am - 11am
Hood Street Bistro

Thursday UNDER

30's 4.30pm - 5.30pm

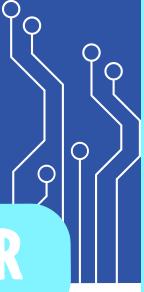
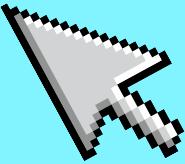
Coffee Culture, 5 Cross
Roads

Friday 1pm - 2pm

Centre Place Food Court



Tech talk



WHY WE REWATCH THE SAME SHOWS OVER AND OVER

If you have ever caught yourself rewatching the same show for the fifth time, you are not alone. Many people return to familiar movies or series even when there is endless new content available. This is not about laziness or lack of imagination. It is about comfort.

When we rewatch something familiar, our brain already knows what will happen. There are no surprises to process and no effort needed to keep up. This lowers cognitive load and allows the nervous system to relax. In a world that often feels unpredictable, familiarity can feel safe.



Familiar shows can also offer emotional reassurance. The characters, voices, and storylines become predictable companions. For some people, especially during periods of stress, anxiety, or low mood, this sense of familiarity can be grounding.

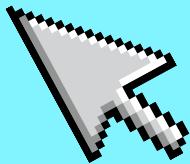


Many people also fall asleep to background noise such as their favourite show or movie. Silence can leave space for racing thoughts, memories, or anxiety. Familiar sound can help the brain feel less alone and more settled. For people who have experienced trauma or long periods of loneliness, this can be especially soothing. It is not a weakness. It is a coping tool that helps the nervous system feel safe enough to rest.

Rewatching can also connect us to a time in life when things felt simpler or more stable. The show itself becomes a reminder of safety, routine or comfort.

There is nothing wrong with rewatching. It does not mean you are stuck or avoiding life. It means your brain is choosing predictability, familiarity and rest. Sometimes that is exactly what we need.

Tech talk



WHY ALGORITHMS KNOW YOU ARE SAD BEFORE YOU DO

You do not have to type "I am sad" into your phone for an algorithm to notice a shift. Social media and streaming platforms are designed to track patterns in behaviour, not emotions, but those patterns often reflect how we are feeling.

Algorithms pay attention to what you watch, how long you watch it, what you pause on, and when you are active. Late night scrolling, repeated comfort content, nostalgic videos, or emotional posts can all signal a change in mood. Over time, platforms learn what keeps you engaged and begin serving more of it.

This can feel comforting. Seeing content that reflects how you feel can be validating and make you feel less alone. It can also feel unsettling when your feed suddenly seems very emotional or very specific.



It is important to remember that algorithms are not trying to care for your mental health. They are responding to engagement. If sad or comforting content keeps you watching, that is what you will see more of. This can sometimes create emotional loops where your feed reinforces a certain mood.

Awareness is the key part here. When you understand how algorithms work, you gain more choice. You can consciously change what you engage with, take breaks, or seek out content that lifts your mood rather than deepens it.

Algorithms do not understand your feelings, but they are very good at recognising patterns. Knowing this helps you stay in control of your digital space rather than letting it control you.



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HOME HACKS

Life's getting expensive, and we're all feeling it. So we're introducing Home Hacks, a new workshop all about making everyday life a little easier (and cheaper).

We'll cover things like cooking on a budget, stretching your groceries, simple budgeting tips, saving on power and household costs, clever swaps, and many more handy home hacks you can actually use.

No judgement. No boring spreadsheets. Just practical ideas, shared stories, a few laughs, and support along the way. Come as you are and take what works for you.



10:00 - 11:00 THURSDAY

📍 CARE CAFE



NEW!



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Ono



TE WHARE WHAA RAU MA TAHİ Centre 401 Trust

CC CHANGE CHALLENGE 2026

WHAT IS CHANGE CHALLENGE?

Change Challenge is an 8-week program that aims to support people to understand change, choose meaningful areas to work on, build confidence and make small sustainable changes that support personal values and holistic wellbeing, and provide practical skills to enhance our ability to cope with and manage, the inevitable process of change in our lives.

INTENDED OUTCOMES:

By the end of this 8-week programme participants will:

- Understand why change is difficult
- Feel more empowered to choose meaningful change
- Gain practical tools and skills to support change
- Experience increased self-trust, care, and compassion
- View change as a process, not as a pass/fail task

10:00 – 11:00 TUESDAY

Starting February 3rd!

Location: Training room

Whitu

(07) 838 0199 WWW.CENTRE401.CO.NZ

YOUR INNER CRITIC NEEDS A NAP!

That voice in your head that tells you you are not doing enough, not coping well enough, or not being productive enough is not the truth. It is your inner critic, and honestly, it sounds exhausted.

The inner critic often shows up when we are tired, stressed, or overwhelmed. It tries to keep us “on track” by being harsh, but instead it usually makes things heavier. It points out everything you did not do rather than what you managed. It compares you to others. It speaks in shoulds and never acknowledges effort

Here is the thing. That voice is not a reliable narrator.

Your inner critic is often fear dressed up as facts. Fear of failing. Fear of letting people down. Fear of not being enough. When life feels busy or uncertain, that voice gets louder, not because you are doing something wrong, but because your nervous system is under pressure.



You do not need to fight your inner critic or make it disappear. That usually makes it louder. Instead, try noticing it. When it pops up, pause and ask yourself, “Would I say this to someone I care about?” If the answer is no, it probably does not deserve centre stage.



Another helpful trick is naming it. Giving your inner critic a silly name can take away some of its power. When it starts up, you can say, “Thanks for your input, but I have got this.” It might feel strange at first, but it creates distance between you and the thought.

Most importantly, meet yourself with kindness. Being gentle with yourself does not mean giving up. It means recognising that you are human. You are allowed to have off days. You are allowed to rest. You are allowed to move at your own pace.

Your inner critic does not need to run the show. It needs a nap, a glass of water, and a reminder that you are doing the best you can.

What to do when MOTIVATION GHOSTS YOU!

Some days motivation disappears without warning. One minute you have plans and energy, and the next it is like motivation has left you on read.

When this happens, many people assume they are lazy or unmotivated. In reality, motivation is one of the first things to go when mental health is under strain. Stress, low mood, anxiety and burnout all make starting things feel harder.

The truth is, motivation is unreliable. Waiting for it to return can keep you stuck. So instead of chasing motivation, it can help to change the way you approach tasks.

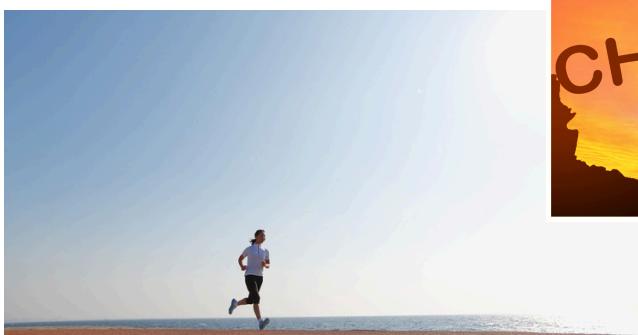
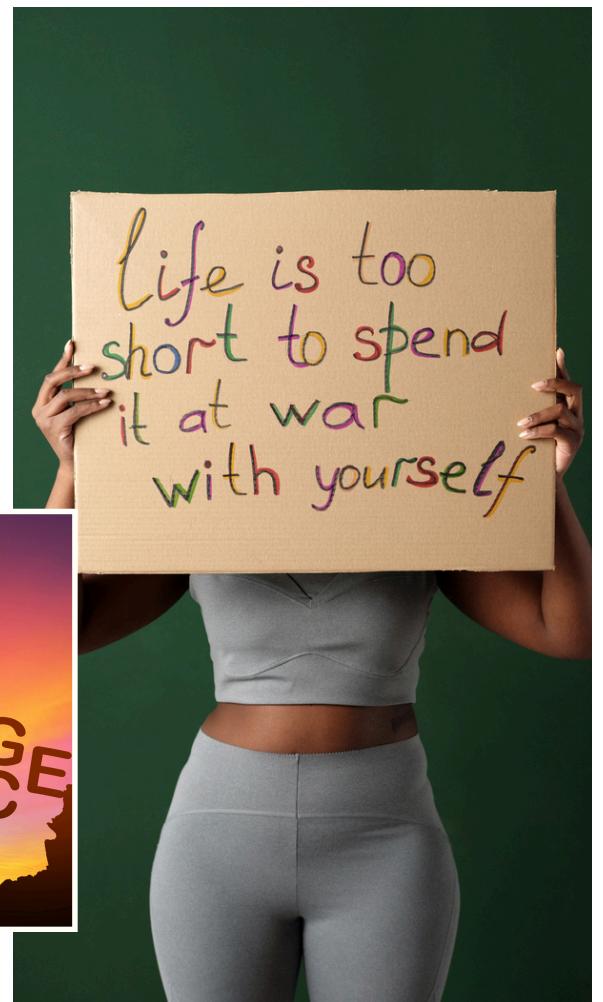
Start by making things smaller. Much smaller than you think they need to be. If the task is overwhelming, break it down until it feels almost too easy. Instead of “clean the house,” try “put one cup in the sink.” Instead of “go for a walk,” try “step outside for one minute.” Small steps still count.

Next, focus on momentum rather than motivation. Action often comes before motivation, not the other way around. Doing a tiny piece of something can gently build energy, even if you do not feel like it at first.

It is also okay to change what success looks like.

Success might be replying to one message. Eating something. Showing up. Resting without guilt. Not every day needs to look productive to be meaningful. Finally, be kind to yourself when motivation is missing. It is not a personal flaw. It is information. It is your mind and body asking for support, res, or understanding.

Motivation will come back, but in the meantime, you are still allowed to move forward in small, compassionate ways.





FUNNY FARM

"jokes from
you folks"



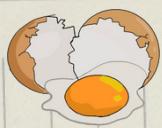
Nelson
Mandela

"It always seems impossible
until its done!"

99

QUOTATIONS

66



Why dont eggs tell jokes?
They might crack up!

I'm writing a book about
glue, but im stuck on the
first page!



Stop looking for the
perfect match; use a
lighter.

How do you throw a party
in outer space, you planet!

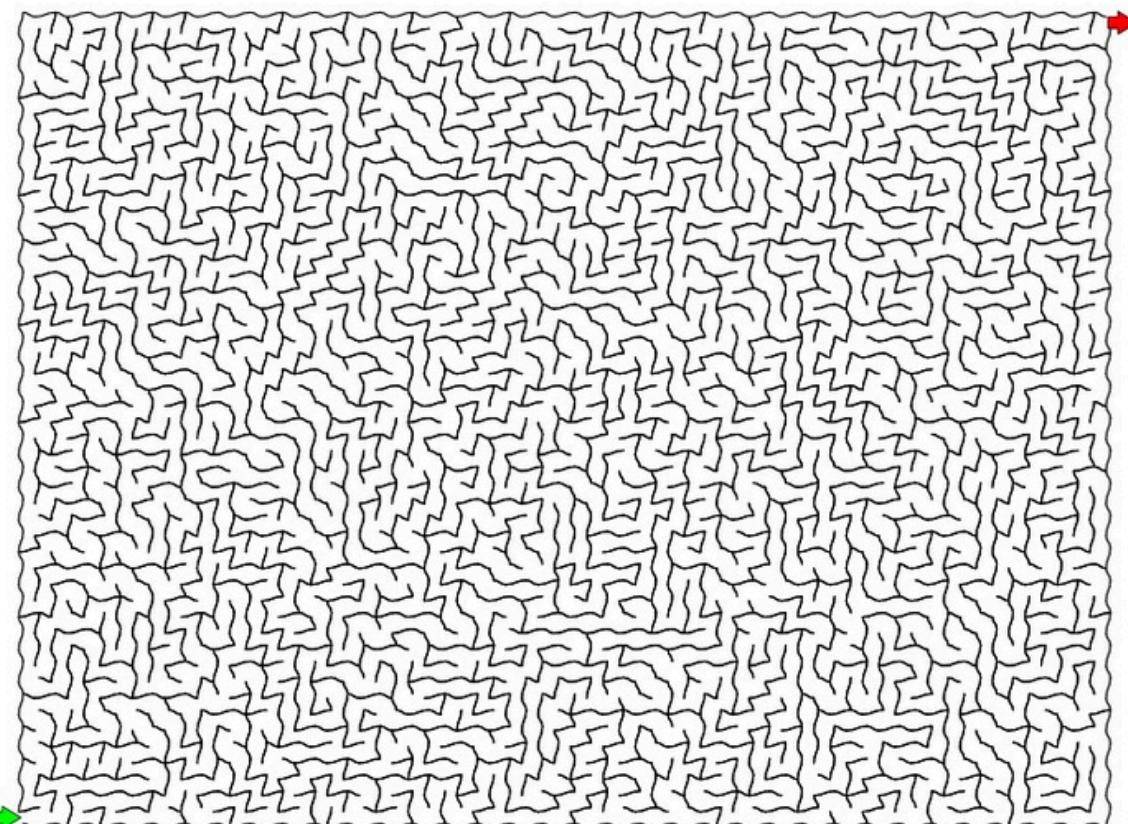


Did you hear about the
circus fire? It was in
tents!



If you have anything funny that you think
may lift someones mood -
email to reception@centre401.co.nz

PUZZLES OF THE MONTH

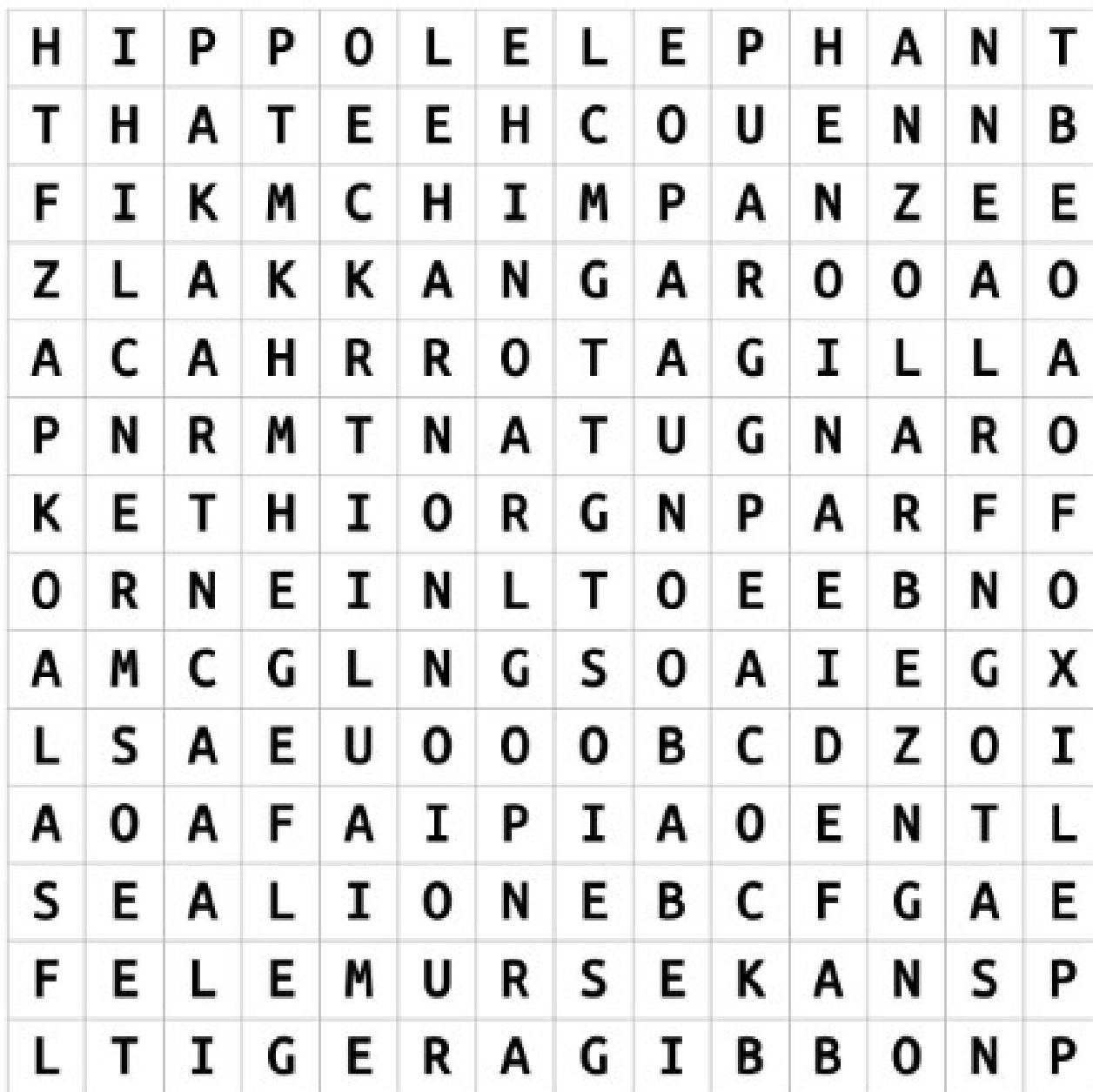


PLANET 401



WHAARAU MATAHI

WORD FIND



KANGAROO
ELEPHANT
CHEETAH
SLOTH
PENGUIN
SNAKES
ORANGUTAN
PANDA
FLAMINGO

LEmur
CHIMPANZEE
PEACOCK
HIPPO
ZEBRA
TIGER

BABOON
KOALA
GIBBON
FOX
ANTELOPE
RHINO
ALLIGATOR
CAMEL
SEA LION

HAVE AN AWESOME FEBRUARY!

Tekau Ma Tahi

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