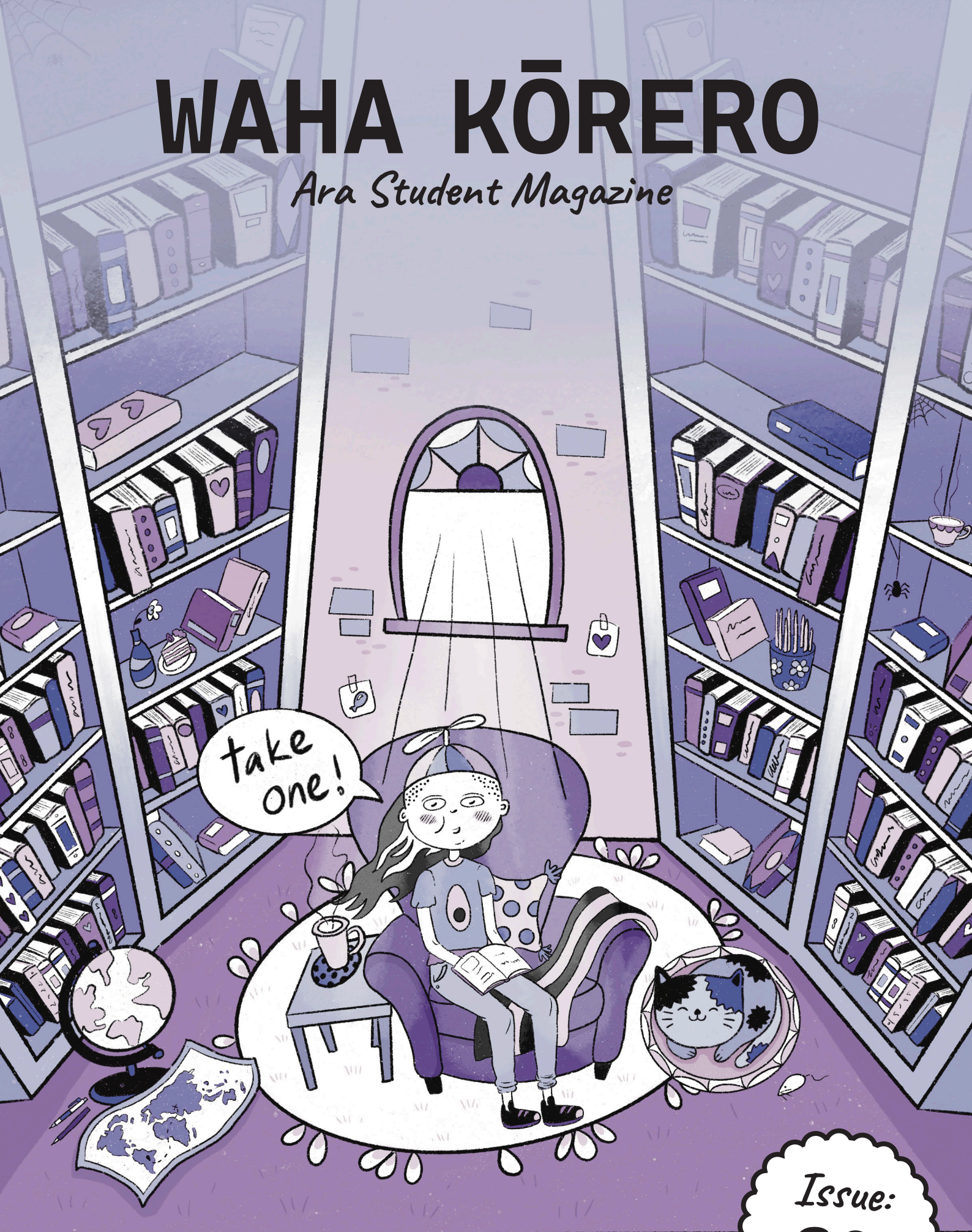


WAHA KŌRERO

Ara Student Magazine



Issue:
30

5&6.

Mental Health in Iso

7.

What is an NFT?

12.

'NZSL is Essential'

Contents

- 1 Editor's Page
- 2 Myth-Busting: Ways of Learning
- 3 How to Work From Home
- 4 Self-Care Within Learning
- 5-6 Mental Health in Iso
- 7 What is an NFT?
Why You Should Buy a Laundromat
- 8 How to Stop Your Bed Squeaking
- 11 Me Ako Tonu - Keep Learning!
- 12 'NZSL is Essential'
- 13-14 Pure Heart Dirty Mind
- 15-16 Learn Something New!
- 17 Spotlight: Groups Around Ara
- 18 The Podcast Guide to
Surviving Lockdown
Omicron Noms

HELLO FROM THE Editor

Kia ora!

It's been an interesting two months since we last met. Whether you've had covid or not, these are still uncertain and unprecedented times. But it's not all bad – analytics would have it that we're past the peak.

If you're like me, a world without events, gigs, and places to boogie, has got me bored and uninspired. Thankfully, there's a few articles in here to beat those covid blues. If you're looking for advice on isolation pick-me-ups, self-care tips, and podcast recommendations, you've picked up the right mag.

But most importantly, this issue is about me ako tonu – keep learning. As we continue our journey through the five ways to wellbeing, consider learning top of your list. Whether you're out and about, or stuck at home, there's so much to find out and know. You'll find articles on entrepreneurial ideas, working from home, and how to get stuck into NZSL month. Jordan lets slip of how to stop a bed from squeaking, and Luka finally explains what an NFT is. Davina busts some myths on the 'perfect' way to learn. After two years of pandemic disruption, go easy on yourself - no one's a model student.

I hope you take this issue as a sign to learn something new. You're never too old to start.

And if you were stuck in a Netflix habit like me, know orange will get us out of there again soon. There are so many things to look forward too - a boogie on the dance floor is one of them.

Ngā mihi me te aroha nui (love and best wishes),

Hannah

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Words by: Davina Zimmer

MYTH-BUSTING: Ways of Learning

Surprise, there is no one-size-fits-all.

It's so easy to judge and compare yourself to others, especially when it comes to learning. From how long we spend in the library to the guilt we feel over being lazy, here are five myths about learning that are about due to be busted.

1. More studying = better studying

"Study with me" videos used to give me the idea that if I didn't come out the other side of study break overly caffeinated and with text book imprints on the side of my face, I'd fail my exams. So many hours have been lost because I forced myself to stare at a computer screen while I waited for the inspiration for my next essay. The result? Hours going by and nothing to show but pages of waffle. While practice definitely does make perfect, there isn't a perfect maths equation of x amount of study time = y results. We all learn differently, and time spent studying doesn't equal the quality of your work.

2. We have set learning styles

Whether you feel you absorb knowledge best through action, reading and writing, or listening, it's possible to expand yourself to use all to your advantage. Reading and writing may be a great way to learn about the history of Aotearoa, but if you're starting a barista job, reading about how to make the perfect flat white maybe isn't the most productive way to get to your end goal. At the core of learning is expansion and growth, and that doesn't just apply to the content, but also the ways in which we choose to absorb it. Try not to let yourself get stuck in the prison of 'I can't'. Give yourself the space to expand your learning style. Who knows, you could find a new favourite.

3. Talent is everything

You can learn to be good at something. Even if you're absolutely awful at it to begin with. In my first yoga class I spent most of the hour sitting in a child's pose, like a turtle, surrounded by limber bodies stretching with the ease of an elastic band. Safe to say, when it comes to yoga, I'm not the most coordinated girl on the block. But I was determined. I wanted to be able to do a warrior lunge flow without toppling over like a tower of Jenga. You can do anything that you set your mind to. If you want it enough, you will get there. I'm no yogi, but I'm also no longer the little turtle in the middle of the class. I can even manage a flow without falling over (most of the time).



4. Stick with your first answer

It's a Wednesday morning, and your 'To Do' list is endless. You just want to get the job done so you can move on to the next. Tick, boom, done, dusted. But wait, hold it. Now, I'm not saying you're wrong. But what if you're missing a better answer? It's easy to get caught up in the panic of stressful times and to just want to get things done. But try this. Establish a deadline, allow for time to pass. Let your hand itch to pick up the pen to tick that little box. Sit with the discomfort of not having a solution. Give yourself the time to come up with the best solution, not just the easiest. Sound hard? Give it a try.

5. If you're not doing anything, you're not learning

In the day and age of hustles and side hustles, being busy becomes our normal. Normal is our comfort space. We become so focused on not letting others down, meeting deadlines, that we fail the most important person: ourselves. The idea of not doing anything seems unreachable, and perhaps even a little uncomfortable. Guilt is a pretty common feeling that comes when you finally do take a break. Thoughts of laziness often follow. But before you jump back on the computer and go back online, pause for a second. Let's go back to the start. Busy becomes our normal. Normal is our comfort space. So what if that twinge of guilt is actually your body's response to discomfort? Wouldn't it be more 'productive' in that moment to continue doing 'nothing'? Sit with discomfort and you'll learn something no text book can teach you. The lesson of self-care. Knowing how to listen to your body can be the biggest lesson of all.

And that wraps up the mythbusting of what I consider to be five of the most common myths about learning. I hope that there was something in here that you can take away and apply to your life. Even if it means you go straight from this to a day of Netflix in bed.

Words by: Davina Zimmer & Melania Watson

How to WORK FROM HOME



In the day and age of the dreaded C word, the reality of working remotely is all too real. It can be tough... especially when you don't have the luxury of having a home office and find your bedroom becoming your workspace. When the phone rings and you discover that iso is knocking at your door, you tell yourself, 'it's fine, I'll be okay, and working from home easy-peasy'... until you're scrolling through Instagram and watching Netflix while your zoom lecture is on mute, and your camera is off. Don't worry, you aren't alone, and we're here to help. With our advice from waking up in the morning to settling into bed at night, let us guide you through a full day in the life of lockdown – and more importantly, how to turn your bedroom into an office.

The Morning

I don't think there is anything more enticing than to hit that snooze button when you're in iso. While those extra ZZZ's may seem worth it at the time, you're more likely to bear the brunt of them at some point down the track.

- So, first step, don't hit snooze on that alarm. Instead, stand up and have a stretch!
- Second step, make your bed. It may seem like such a small gesture, but having a tidy space makes such a big difference, as being surrounded in a messy room makes it difficult to get in the zone. And, you've accomplished the first small task of the day. Left with a small sense of accomplishment it creates encouragement to keep achieving your goals. Once you've made that bed, and it has no creases, you're a lot less likely to get back into it.
- Try to keep your mindset as if it were just another day. Allow yourself time for a proper morning routine, whether that's a shower or doing your morning skincare; do what you would normally do before you head to uni.
- Get out of your bedroom and have your breakfast - and get outside for a bit of morning exercise and some fresh air, even if it's just walking for 15 minutes.
- Stay hydrated, start early, and continue having bottles/glasses of water throughout the day. It is surprisingly beneficial for brain function.
- Get dressed. Although wearing pyjamas all day sounds super comfy... they aren't the ideal attire when you get called to attend a last-minute zoom meeting.

Midday

Working from home, the stress of having covid, and the lack of social contact are all likely resulting in you probably not feeling all too flash, and that's totally okay. There's tendency to feel guilty for stepping away from your computer, because there seems to be the idea that if you're working from home, you must be available all the time.

- Try to keep to as much of a routine as you can, and keep your phone on "Do Not Disturb" to limit distractions.
- Switch up your tasks, if you can, so you're not staring at a screen all day.
- But also, don't be too hard on yourself.
- At the risk of sounding like a cliché, these are unprecedented, uncertain times. So cut yourself some slack.
- Take your breaks to reply to texts and have your Tik Tok fix. The world will not fall to pieces, I promise.

Afternoon

After about 1pm you'll find motivation can plummet, so if you can't continue with what you're doing, do something else work related, such as mixing up writing on your laptop with some handwritten notes, or reading your notes aloud.

- Tick off what you've done that day, and what your goals will be for the following week – that way when you wake up each morning you know exactly what you are aiming to complete each day.
- Create a day-plan for tomorrow, bullet points help a lot with a little tick-box on the side.
- Once you've completed your work for the day, get out of your room and into the fresh air to get a change of scenery.
- Knock off at your usual time, so that you aren't pushing yourself too much. Switch off.

Evening

Knowing how to wind down at the end of the day/refresh your head before sleep is different for everyone – but what tends to work the most is to get off the screens for a bit and have a mental break from work.

- Have that warm shower or bath you've likely been thinking of all afternoon. This will instantly relax the muscles in your body and help relax your mind also.
- Read a few pages of a novel to relax your eyes – it's a sweet escape from any thoughts of work.
- Prepare a podcast or a workout for the morning so you have something to look forward to, and a reason to wake up on time.
- Have your dinner with some nice music, or watch the 6pm news, as a way to distract and relax. Give yourself permission to rest.
- Most importantly – get a great night's sleep. 7-8 hours does the treat. It's better you go to bed earlier, because it makes getting out of bed in the morning a lot easier. If you begin having late nights, you'll find that waking up late isn't a great way to start your day.
- Tuck into your bed, set your alarm for the morning, and flick the lights off!

Hopefully these tips will ensure you have a productive time working from your bedroom. With these tips in mind, you'll be able stay on top of your work and feel like you're working just as well - just as much as you would in class! Good luck, you've got this.



Words by: Peta Mills & Angharad Yearbury-Murphy

SELF-CARE within learning

What is self-care?

Self-care are the actions you take to restore balance and bring love back into your body and mind. It can be regarded as one of the most important practices for keeping yourself mentally well and present. Self-care looks different for everyone. Ultimately, it's about finding activities that support and maintain your wellbeing through stressful and tricky times. Being at Uni can be super stressful, so it's important to make sure you're looking after yourself. Engaging in self-care means you can get the most out of your time here at Ara!

Why is it important?

A lot of the time self-care is not prioritised while studying full-time, meaning burnout is much more likely to occur. Burnout can happen to anyone, but it is especially prominent within the student community. Deadlines, lectures, and exams can be stressful, so keeping a good self-care routine can help you get through it without using all your energy.

Different types of self-care...

There are five different types of self-care; physical, social, mental, spiritual and emotional. Each of these parts of your hauora are important and hold up your entire physical self. When one of these is flailing, each domain begins to collapse. Taking care of yourself is important, but when things get hard, it can be difficult to prioritize this. Remember that it is okay to not be okay. The key is keeping yourself safe and well.

Self-Care Checklist

Below are some of our favourite self-care activities! But remember, self-care is all about you and what makes you feel rejuvenated. Take some time to find out what works for you and what makes you happy. In the meantime, we hope these get you started.

- Meditation/Yoga
- Drinking Water
- Making your bed
- Colouring/Painting
- Treating yourself
- Taking yourself on a date
- Phoning a friend
- Starting a new hobby

Create your own self-care checklist below:

1.	_____	<input checked="" type="checkbox"/>
2.	_____	<input type="checkbox"/>
3.	_____	<input type="checkbox"/>
4.	_____	<input type="checkbox"/>

Words by: Luka Forman, Peta Mills & Sam Weir

Mental Health in Iso

Content Warning: This article will discuss topics related to mental health, illness, and struggle. If you feel overwhelmed by this, there are resources available at the bottom of the page <3

Picture this...the dreaded positive pops up on your RAT test, or, you got the text from your sick flatmate. Feeling it in the pit of your stomach, you know those next 7 days may be looking bleak. But, with a bit of help, they don't have to be.

Isolating can be tough, and can be a risk factor for poor mental health. But despite how you're feeling, isolation is a necessary evil to fight covid. Don't despair, we've got some advice for you on how to look after your mental health as best you can when you're stuck inside all day.

Te Whare Tapa Whā

What is Te Whare Tapa Whā?

Te Whare Tapa Whā is a Māori health model based around the four walls of a whare, with each wall standing for a different part of your hauora. The four walls are Taha tinana (physical health), Taha wairua (spiritual health), Taha Whānau (family health) and Taha hinengaro (mental health). The foundation of the whare is whenua, representing your roots, identity and belonging where without a solid ground and foundation a solid whare cannot exist!

How do these four walls affect your physical being?

Each of these walls are key to keeping yourself balanced. When one of the walls is unbalanced, all of the walls fall. Being in isolation is super scary and unknown, so trying to keep up all four walls can be a massive challenge at times. Going about your daily routine can become difficult to handle, so here are some ways we recommend keeping up your walls while being in iso. Remember, it's okay to not be okay and to reach out for help!

Examples of what can be done within each wall:

Taha Tinana

- Morning yoga, Tai Chi
- Learning Tik Tok dances
- Sleep, making a wholesome meal, and hydrating well

Taha Wairua

- Meditation/Mindfulness
- Journaling, Reading, Painting, Colouring
- Goal-setting, knowing your values
- Attending a local community, faith-based, or group event

Taha Whānau

- Calling family members/friends regularly
- Jackbox TV <https://jackbox.tv/#/>
- A quick appreciation DM or text

Taha Hinengaro

- Gratitude Journals
- Watching movies/TV shows
- Belly Breathing, grounding in nature
- Daily random acts of kindness



Helpful Advice from Anna Scott

Anna Scott is a Social Work educator at Ara and has worked with people's mental health throughout her career. We caught up with her over Zoom.

Anna acknowledged how difficult isolating can be for people, because as humans, we love to connect.

"[Zoom] isn't the same as if we'd caught up for a coffee at Black Betty's...it isn't the same level of connection," she says.

Emphasizing the importance of gratitude and mindfulness, she said gratitude is clinically proven to do wonders for mental health.

She said when we're isolating, we often focus on all the things that are removed from us. Focusing on what we're thankful for can help us keep a positive mindset.

Mindfulness is another tool that can help with our mental health. Mindfulness is a type of meditation where you focus on what you're sensing and feeling in the moment.

"There's just so much evidence that says a bit of mindfulness goes a long way," Anna explains.

Doing the basics right acts as a good foundation. Making sure that you're eating fruit and vegetables, getting enough sleep, and doing some exercise helps a lot. An Otago University study believes this too. It found that these 'Big Three' health behaviors impacted our mental health. Make sure you get your Zzz's, as sleep quality was number one.

Anna also recommended finding a routine that works and sticking with it. She said discipline is better to rely on than motivation when you're finding things tough. "One of the advantages of working from home is you can do it in a way that works for you. Work out what that is and be disciplined about it."

One thing Anna stressed is that there's nothing normal about the situation at the moment, and it's okay if you're finding it tough.

TO DO LIST

To do lists are a good way to keep a routine and improve your mental health. It's important when you make a schedule for lockdown, that you give yourself leeway. Keep in mind that you will not be as productive as you would be in the classroom or workplace.

It's okay if you don't achieve everything you set out to do. Be kind to yourself and set small achievable goals. A good way to do this is to start with self-care. It's not all face masks and baths – cook yourself a nourishing meal, call a friend, clean your room, start a project, or spend time with your iso pals. But make sure to fill your cup first.

What can you do if you or a loved one is struggling?

The best thing you can do is keep regular contact with those close to you. A text saying that you care about them and are here if they need to talk can go a long way for someone who is struggling. You could also see if they want to watch a movie with you over zoom, or hang out over a call.

Reach out to loved ones or a trained professional if you are struggling.

Whether you live alone or with others, lockdown means you end up spending a lot of time by yourself. This isn't always a bad thing, as we all need time to ourselves sometimes. During 'me time' you could try yoga on YouTube or learn a language on Duolingo. There's lots of things to do out there, in here.

Resources and info

Groov- An app developed by Sir John Kirwan and NZ Mental Health professionals. Groov contains a wealth of material to support your wellbeing, including little self-help tasks you can do each day. Its customizable to you, so you can choose how much time you want to put in each day.

Ara students can access 3 free counselling sessions through the on-campus health centre.

Counselling Supports at Ara:

Ara Health Centre: Counsellors and Social Workers available for in-person and video calls during weekdays and term time (Ph. 03 940 7566 to request an appointment)

OCP and Puawāitanga: video, call, and in-person appointments available from counsellors, social workers, nurses, psychologists, and specialised therapists available seven days with extended hours (Self refer and book an appointment online: OCP and Puawāitanga)

Self Help Apps & Resources

Covid and/or lockdown related Mental Health links:



Covid19: Prepare and Stay Safe- Look after your mental wellbeing



COVID-19: Mental health and wellbeing resources (MOH)



Living with COVID-19 | Mental Health Foundation

Helplines, Counselling and Self-help:



MOH & MHF Helplines and Local Mental Health Services



Just a Thought



Groov- Sir John Kirwen MH App



Youthline



Small Steps: Manage Your Wellbeing



Health Navigator NZ- Gratitude

Phone Lines

Emergency – 111 (Even psychological)

1737 – brief 1:1 peer or counselling service via text or call (completely free and confidential)

Urgent Mental Health Care CDHB – 0800 920 092 (available 24/7)

WTF IS AN NFT?

Everything you need to know in 5 minutes.

Have you got a flatmate who brags about their NFTs, but you still don't know what they're on about? I'm here to help.

There's a lot of jargon and complexity surrounding this topic, but I've done some research, consulted with some experts, and tried to explain what you need to know as simply as possible. Next time they bring it up, you can hit them with some facts. There's a lot to learn.

Technology

- NFT stands for non-fungible token – which means they can't be exchanged for one another; each one is unique.
- The token could be almost anything digital, but a lot of the popularity has come from digital art.
- Purchases are verified 'done' through blockchain, a technology which tracks the ownership of the NFT.

I spoke to Alison Mackie, Executive Director of Blockchain NZ. She said many people write off NFTs as an unimportant or silly gimmick, but a lot of cool things can be done with them. NFTs can be used to verify concert tickets, university degrees, or even the deed to a house. "This completely mitigates that fraudulence or scalping issue," Alison says. She says NFTs will be a big part of the future of the internet, where we

may use them for ownership of avatars or digital property rights. Alison thinks most people have the wrong impression of the technology and don't understand the potential that it holds. "I think the technology itself needs a lot more education to the general public," she says. "It's really cool that people know the term NFT but I think the connotation is incorrect currently."

Finance

So, on the money side of things, should you think of buying an NFT as an investment? Maybe if you know what you're doing, but it isn't a sure bet. Money Hub NZ has a guide about NFTs – here are a few key points.

Things you should know:

- Unlike a good in the real world, NFTs have no intrinsic value besides what someone is willing to pay for them.
- Only a handful of NFTs become valuable – many of them are only ever worth a dollar or two.
- If you do invest, think of it as something fun rather than something that's definitely going to make you money.

Check out Moneyhub NZ, Blockchain NZ, and RNZ Explainer to find out more.

Words by: Luka Forman

WHY YOU SHOULD buy a Laundromat



Words by: Amy Potts

Recently, during one of my more intensive procrastination sessions, I came across a Tik Tok video that showed how a Laundromat owner made over \$3000 in six days. He had only worked at the Laundromat for 4-6 hours (and those hours were only from a wash and fold). How did he make it? Passive income.

Passive income is an income stream that requires little to no effort to maintain – unlike active income, which is what you receive from your regular nine-to-five job. I like money. I like having it, I like using it. But I don't always like making it. Passive income is an idea that's been running through my head for a while. But with no idea how to get it or where to even start, this Tik Tok arrived at the perfect time.

I've compiled a list of things that Google says are the best ways to earn passive income. Here are my candid thoughts about each:

- **Write & sell an e-book.** That's great if you're a naturally gifted writer, and never make spelling mistakes, as you likely wouldn't have the benefit of an editor/publisher to weed those out. However, self-publishing an eBook does mean less expense, therefore, more income.
- **Sell photography online.** If you're a semi/professional photographer - awesome, sell away. But camera gear is expensive. Plus, who's paying for photography when they can see it on Instagram for free? We can't all be the paparazzi.
- **Be an influencer and get sponsored.** There's definitely a lot of potential in this, but first you have to get 10,000+ followers and then find your niche to attract brands. I don't know how they do it.
- **Stocks and shares** (I don't know a thing about these. No doubt they're a good thing to know about, and if you do it right, you can earn entirely passive income for very minimal work. But it is a bit risky.
- **Rent out a property.** If you have a spare two million dollars to spend on this current crazy real estate market, go for it.

Let's be honest, these options don't look great.

So, here's the top one. Meet Speed Queen, a company which is solely dedicated to helping kiwis set up their own Laundromats. They provide location analysis to help you choose the best location, equipment, facility design, and ongoing support. Here are five reasons why you should buy one.

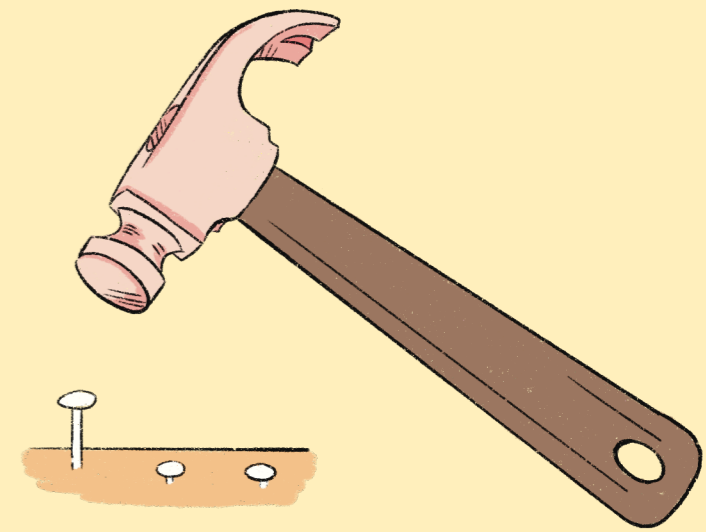
1. Lower start-up costs than many businesses. You could expect to be able to purchase an established business for \$75,000 or set up your own from \$100,000. With only a 30% initial investment required, Speed Queen assures a high ROI (return on investment rate) of 20 – 35%.
2. Low labour costs. The machines do all the work for you! Most laundromats have 0-3 employees.
3. Less chance of failure. Everyone needs to wash their clothes, right? Speed Queen assures a 94.8% success rate.
4. Laundromats can be entirely cashless. Customers can pay through cloud based apps and online payments.
5. The hours would be minimal. You can fit the running of the business around your lifestyle. You choose the work you do while your business continues to see profit, regardless of whether you are on site or not.

As I've found, there's a demand on Tik Tok for behind-the-scenes. If you've got an odd job, then you're in luck. This could be a step in the right direction to getting those 10,000 followers to allow for another passive income stream to open up.

If I've semi-convinced you and you want to check out Speed Queen, you can do so at www.speedqueencommercial.com/nz, or if you just want some more Tik Tok content, check out @laundromatmoney.

Words by: Jordan Dunn

HOW TO STOP YOUR bed squeaking



Do I need an introduction? For five years I've been putting up with a bed that makes more noise than a kid's Cocomelon video at the airport. I've lived with waking up myself every time I tossed and turned in my bed. Every time I jumped on; I'd hear a symphony of high-pitched screeches worse than a bad violin recital. I've felt genuine pain and utter embarrassment for five years.

In all seriousness, I can survive with a noisy bed. But it's another story when your flatmate has one...

I know there are people out there in the same position as I was. But it's okay. Rest easy now – I got in contact with furniture designers, makers, and other experts and asked if there are remedies to the squeaky sickness. You can take this on board, or you could do what I would do, and 'accidentally' leave this page open on the floor of your flatmate's room.

Usually, the cause of a squeaky bed is one of two things.

- Joints, brackets, and slats aren't bolted tightly enough to the frame.
- The frame is loose.
- There's friction between joints.

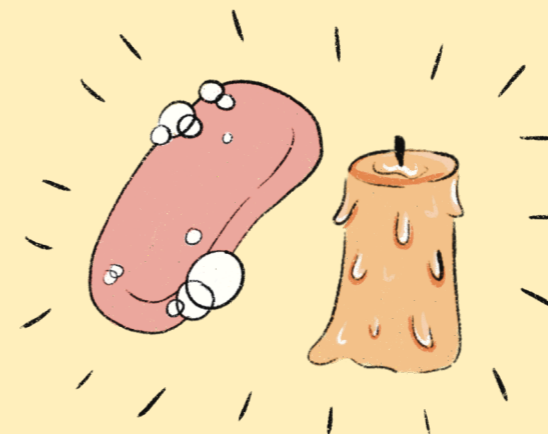
Here are the fixes.

Soap or Candle Wax

Soap or candle wax will stop friction. Listen around for where the squeaks are coming from. Check the places where the frame connects to the head or tailboard. Neil from Sorenmobler Group says if you're hearing it from a place like that, pull it apart and rub a bar of soap or candle wax over the joint, and put it back together as tightly as possible.

Bolt it down

Do you know those wooden bars that lie under your mattress? Well apparently, they're called slats, and those could be causing the squeaking too. Firstly, Neil says to check if they're lying flat. They need to be well supported for it to be a quiet night. If they keep squeaking, Lisa from Coastwood Furniture says to bolt them to the bed frames. However, they won't have holes for you to screw into. It's usually only a problem for old bed frames, so you'll have to do it yourself.



GLUE!

If you're still having issues, it might be a whole bed frame problem. Paul Harding-Brown from No Boundaries Furniture says it might be worth pulling it apart and putting it back together completely. Bolt all joints down harder, especially the brackets. Don't be afraid to use some glue - the old glue may have just worn off over time and needs a top-up, so just chuck some on and you'll be right.

How to prevent it from happening again

As I said, noisiness is usually because of stress in the brackets, joints, and/or slats. To prevent this, you need to take it easy on them. Lisa says if the bedframe is against the wall, refrain from pulling it out to make or unmake your bed. This puts strain on the joints and causes squeaking over time. Instead, get your buddy to help you lift it.

I know most of us don't have a choice, but don't buy a bad bed. Paul says cheap beds are made cheap for a reason. They're made overseas and designed to be shipped long distances so don't stand the test of time. The key to a good bed, he says, is tight joints and a good, solid design. So, if you've got the extra coin and need better sleep, it could be worth investing.

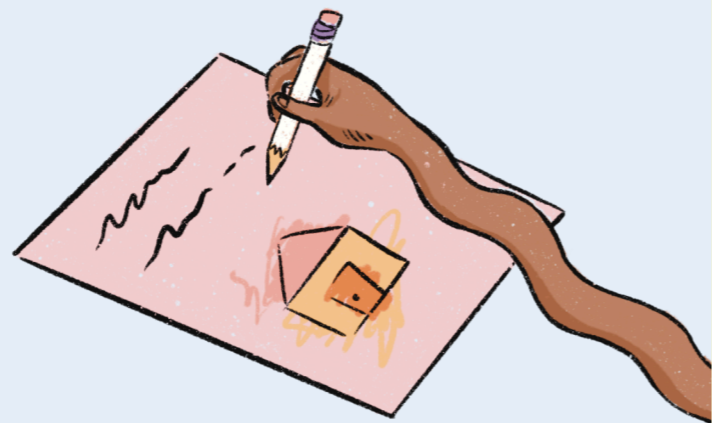
Featured Student Art:
Josh Kenneally
@awkward_since_94



Words by: Wikitoria Kurene

Me Ako Tonu

- Keep learning!



Mauri ora e te whānau!!!

Remember that time I dared you to do something different? How's that going for ya? We thriving?... Don't forget, every day is a new day to do something different, so keep pushing fam!

On that note, we love a follow up challenge, or as I am learning in my resistance training, 'progressive overload'. We can relate progression to soooo many things, but I like to see it as a continuum of adding skills, knowledge, and experiences that come together to help us improve and better ourselves in an upward slope. Don't worry though, I'm not about to advise you on progressive overload or arithmetic progression, but we can use these techniques as an analogy to...me ako tonu - keep learning'.

'Me ako tonu - keep learning' is one of the 'Five Ways to Wellbeing' developed by the Mental Health Foundation here in Aotearoa. These five ways are such an essential way to keeping our minds activated and our souls fed - no wonder it's been recommended.

Lately, I've been thinking about the changes to the education curriculum in schools and how lucky the upcoming generations are, and will be, to have Aotearoa New Zealand History finally taught. We can all gain a better understanding of how Aotearoa New Zealand has come to be what it is now, in 2022. It's exciting times, changes are being made, and let's be honest, it's for the better! Now, if you are reading this, you have probably passed the age limit of receiving education in Kura, however, this does not mean you have to wait for the youngsters to grow up and teach you. There is an opportunity NOW to LEARN more!

'Me ako tonu' is not just learning about history, the signing of Te Tiriti o Waitangi, or learning within a classroom setting. No, no, no team, it is faar more than that, and you're probably doing it without evening recognising it. Heck, you're doing it now, reading ya girls' article, haha! All jokes aside whānau, continuous learning is the go, and it comes in all forms, so don't just restrict yourself to what you know. Expand that brain, expand that perspective and

'ME AKO TONU - KEEP LEARNING!'

Check out this sweet word search to get some tips on how to start your learning journey.

I	H	O	P	K	C	T	N	T	G	A	K	U	O
M	P	T	R	I	W	E	Y	E	Y	O	I	W	I
I	U	L	O	U	B	M	A	A	R	T	E	S	U
N	K	E	G	M	U	A	T	O	O	E	O	I	M
D	A	S	R	E	C	R	A	M	T	A	A	N	A
F	P	S	E	L	K	A	I	A	S	R	U	G	N
U	U	G	S	A	E	M	A	O	I	O	N	U	U
L	K	O	S	N	T	A	W	R	H	A	O	P	O
N	A	O	L	G	L	T	I	I	R	W	T	U	P
E	R	O	L	U	I	A	R	A	M	H	O	K	I
S	O	T	I	A	S	K	R	T	D	E	K	A	A
S	U	O	K	G	T	A	M	I	P	N	A	G	W
P	A	S	S	E	P	I	C	E	R	U	E	E	E
A	H	E	I	C	R	A	F	T	S	A	M	N	T

BUCKET LIST
ME AKO TONU
TE MARAMATAKA
RARANGA
PROGRESS
TE AO MAORI
LANGUAGE
PUKAPUKA
MINDFULNESS
WAIATA
LESSGOO
TE WAIPONAMU
CRAFTS
WHENUA
SKILLS
HISTORY
AOTEAROA
KUPU
RECIPES
IWI
HAUORA

Pepeha by SIX60
in NZSL



Words by: Wikitoria Kurene

'NZSL IS Essential'

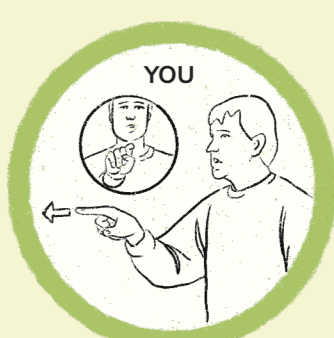
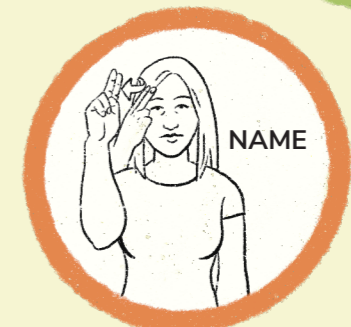
One way we can 'me ako tonu - keep learning' is by learning a new language or participating in language weeks throughout the year.

From the 9th-15th of May is New Zealand Sign Language (NZSL) week for 2022. This year's theme is

"NZSL is Essential" - and it absolutely is!

In preparation for NZSL week in May, try using the following resources to help you spell your name, or other words and phrases with some finger spelling.

Also, if you LOVE SIX60's song 'Pepeha', Scan the QR code in the corner to take you to an easy to learn Sign language version of the waiata - it is ĀTAAHUA (beautiful!)



Words by: Jordan Dunn

PURE HEART

Dirty Mind



Three artists collaborating on a project is quite common. Three artists making a few tracks together is nothing special. However, these three DJs in Tāmaki Makaurau have collaborated for the better part of a decade. With more than one hundred releases combined, the trio are continuing to write some of the best tracks in New Zealand's electronic music scene.

What do they all have in common? One body.

The Collaboration

Alice, or Alexis K, is fire on the tracks and has been bringing a steady stream of melodic, orchestral drum and bass into the electronic music scene. Dubstep was her earliest passion for its flexibility and accessibility. Alice was simply able to do more with less, offering a bigger and more mouldable canvas to work with. Once they honed their skills, it was all a go as they expanded their talents.

Lily, or Unsub, wasn't the first, but she's set herself apart from the rest noticeably. Lily goes right for the guts and hits you where it hurts. We've all been through heartbreaks and hard times, and she sure doesn't shy away from these. Her tracks are dark, heavy and they take inspiration from her deep and unending love for metal music. She's different – and aspires to be. Kind of like an...Unknown Subject.

Ellie, or NOisemaker, is the youngest of the three and uses her age to her advantage. She's experimental and unpredictable in her music writing. She's melodic and takes inspiration from future bass, and pop music. Ellie got into writing years after Alice and Lily did, but that hasn't stopped her. Lily would mentor Ellie whilst they were co-conscious, and over time Ellie was taught the skills to perfect her craft.

Alice, Lily, and Ellie live with dissociative identity disorder (DiD), a mental health condition that splits the brain of an individual into two or more distinct personality states, known as Alters. The condition is caused by severe trauma in childhood and each Alter has its purpose and function for coping with the world around them. Each Alter has traits, likes, dislikes, and, as seen from my talk with Lily, unique creative expressions.

I had the privilege of chatting with Lily about more than just the music side of things – and what it means to collaborate with Alters across all sorts of projects, from filmmaking, to art, and game development.

One of the things that immediately blew me away was the way they tackle live performances. She says they'll switch in-between sets. While they're just up there doing their thing, the music is bringing them in and out of consciousness.

While it may not always be obvious to everyone, a keen watcher may be able to notice a change.

"Quite often it's in the eyes but also in the way the face muscles react cos we hold expressions differently. Same applies with how we sit, move, dance et cetera," Lily says.

"It's kind of funny seeing live footage from us on stage cos you can see the switching between Ellie and I, and sometimes when the 8-year-old switches in. Ellie can actually dance, whereas I tend to mosh, and the 8-year-old gets excited about the lights and people."

What I love about chatting with Lily is her openness to the challenges of living with DiD, especially in a creative sense. She says a huge part of their collaborative success was breaking down what she calls 'amnesia walls'.

"They're basically the protective layers between our memories," Lily describes. "We each have our 'core' memories that define our roles as protectors of the younger ones. It's basically traumatic event(s) locked away in a compartment so that we can function normally."

She says in the formative years of living with DiD, she would experience long gaps in her memory.

"When we're in a defence mode, we're locked out from each other, the amnesia walls go back up and we don't really have any communication. [We] get kind of lost in whatever we're trying to defend ourselves from. For me it's like, I blink and it's a month later. Time is a confusing concept because it's usually either 'now' or 'not now' so when it's, 'now' I'm usually trying to do interesting, creative things while I can."

Together they worked to break down the amnesia walls. From 2010 till 2020 they were slowly putting the pieces together and getting a better idea of the bigger picture. They started to communicate by leaving notes for one another, leaving their music projects open for the other. There'd be additions and edits galore by the time they got back and thus began their collaboration. You can check out their first collaborative LP from 2019, *The Misadventures of Pilbourne Delaney*, by checking out their Soundcloud.

One of their proudest achievements was born out of the perfect combination of a shared vision and perseverance. Their brand Pure Heart Dirty Mind was kickstarted by their launch of PHDM Records in 2018. Finally, they had the platform they'd been dreaming of. The intensive work of breaking down amnesic barriers had paid off, and the communications between one another made collaborating towards their dream possible.

For the first time, they had a label that embraced their creative freedom and opened the possibility of sharing their music and art to the world unfiltered. The success of this platform for releasing music only gave them the ambition to grow further. Along with the help of Rob Sparx (UK), D.A of NexGen Music, and J. Augustus of Quaziscience Recording (US), they expanded their brand by developing a radio station in early 2021.

The station hosts DJs from all corners of the world and follows the same values as their record label: embracing creative freedom with accessibility and support for neurodivergent creatives. The team of talented artists and producers have created a space for people who understand the unique challenges they face. "It's something we've wanted to do for over a decade," Lily says, "just finally had all the right pieces lined up to do it."

And then came lockdown one, two and three. Lily says they were hit like a truck, "the worst part of the lockdown and the walls going up is that we had a really horrible break up in a bad situation and lost family members in the same week as we went into lockdown." Lily, Alice, and Ellie were blocked out from one another and all communication between them came to a screeching halt. "Took about 6 months for her to calm down enough to come out of it," says Lily, "So, for me, one minute it was August and things were terrible, the next it was January, and they weren't so bad anymore."

They were pushed to go through everything again. Close friends filled them in on what happened over such a lengthy period. Lily said she felt bad that they had to repeat conversations, to keep everyone in the loop. PHDM was the saviour over lockdown.

Like music, all three of them have a desire to make the brand flourish and grow. "We have to relearn communication every time it breaks down. It's only been the last 2 months that we've been able to reconnect again properly and have co-consciousness."

Miraculously, PHDM persevered through everything. Communication and amnesia are still a regular struggle for them all. Lily says it's certainly a challenge, and in honesty, I admire the incredible art that has come out of it.

When I was chatting with Lily, sometimes I would meet the others - a huge privilege after hearing so much about them. By the sounds of things, one of the young Alters sends gifs and loves chocolate milk. Even Alice made a brief appearance near the end of writing this piece. She is one of the most incredible writers I've met. I'm yet to meet Ellie or the other little one. Lily says she is considered the main host. Although she has been around for the shortest amount of time and points out that Alice gets the final say at the end of the day, it's Lily that handles the 'day-to-day'.



PHDM is thriving. After positive reception and musical success, they've delved into creating videos to accompany them. They've partnered with their U.S. and Australian associates to make music videos for four of their tracks as well as having set up a stop-motion studio based in Auckland. They get around the difficulties of directing remotely by doing it all over a video call. They call all the shots from Auckland while videos get filmed in Texas and Melbourne. The raw footage is edited together back in New Zealand by Alice. Lily says they chose to stylize the music films in black and white because this is how so many in the world see things around them; binary and colourless.

However, the story they are telling, through music, film, and game development, is bringing colour into their world. For Alice, Lily, and Ellie, creativity is where the magic starts.

DiD terms to know:

Alters – Another word for what most would call an alternate personality. With separate memories, motivations and ownership over individual behaviours.

Fronting – When an alter comes into 'control' of the body.

Co-conscious – Two (or more) alters are fronting at the same time.

Switch – When one Alter comes to the front, sending another back or becoming co-conscious.

SOUNDCLOUD:

<https://phdm.co.nz/>

<https://iloveunsub.com/>

<https://soundcloud.com/lilyunsub>

<https://soundcloud.com/lilyunsub/sets/the-misadventures-of-pilbourne>

Words by: Jodie Osborne & Jack Wilson

Learn Something *New!*

Whāia te mātauranga hei oranga mō koutou
Seek after learning for the sake of your wellbeing.

Using the results from the New Economics Foundation's Foresite Project on Mental Capital and Wellbeing, the New Zealand Mental Health Foundation has introduced the Five Ways to Wellbeing. When implemented into our daily lives the Five Ways to Wellbeing can decrease mental health problems and help Kiwis live better overall. The Five Ways to Wellbeing are: connect, give, be active, take notice, and keep learning. Focusing on the fifth way to wellbeing (keep learning), here are a few ways you can continue your journey as a lifelong learner:

Learn a language - Brush up on your Te Reo Māori by learning some new phrases!

RNZ have created an engaging podcast that explores some simple Māori phrases you can use in your day to day conversations.

Here are some examples:

- Ao noa, pō noa - *24/7*
- Ka pai te tutaki ki a koe - *Lovely to meet you*
- Kia manawa tītī - *Don't give in*

To find out more scan the QR code or visit www.rnz.co.nz/programmes/kiwaha



Try something new! Create a bucket list for the week ahead.

Maybe it's visiting that ice cream shop your mate keeps talking about, or going to Godley Head to watch the sunrise. Whatever it may be, engaging in new experiences helps to keep our brains healthy and able to learn. Use the template below to create a bucket full of new activities you can tick off within a week.



Start Doing Quizzes:

Quizzes are a great way to learn something new whilst having fun at the same time. Whether you head along to a quiz night at your local pub or buy yourself a quiz book, quizzes are great! Give this quick quiz a go to see how much you might know about New Zealand:

New Zealand General Knowledge Quiz:

Which native bird lays the largest egg (in relation to their body size) of any species of bird in the world?

- A) Moa
- B) Kiwi
- C) Kea

Sir Edmund Hillary climbed Mount Everest in which year?

- A) 1947
- B) 1959
- C) 1953

Which city is nicknamed the Edinburgh of the South?

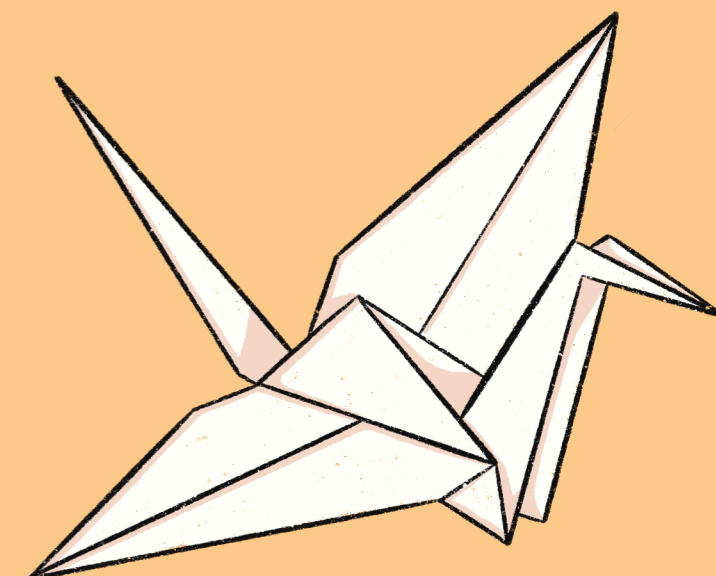
- A) Invercargill
- B) Oamaru
- C) Dunedin

What is New Zealand's only native land mammal?

- A) Bats
- B) Rats
- C) Pigs

What are the 3 P's of the Treaty of Waitangi?

- A) People, Partnership, Protection
- B) Protection, Process, Participation
- C) Partnership, Participation, Protection.



Learn a new skill

Why not become a jack of all trades and pick up some new skills?! It could be anything from picking up a guitar and learning a chord, to changing the oil of a car. Learning new skills helps to create a sense of achievement and gives us a positive focus in life. Scan the QR codes to get started:



How to tie a bowline knot



How to make an origami crane



How to jump-start a car

Quiz
Answers:
1. B
2. C
3. C
4. A
5. C

Words by: Jodie Osborne

SPOTLIGHT: Groups around Ara

At Ara, groups are an important part of the tertiary experience. Having groups on campus ensures the gathering of staff and students, fostering new connections and ideas. Across Ara there are a range of groups for all sorts of gatherings. All of the groups work hard towards their own goals and values and are always seeking new members to join.

One group I found is the **PISA (Pacific Island Students Of Ara)**. This group was established in 2016 by Pasifika students and is one of the largest groups at Ara. It was formed due to the need for more Pasifika presence on campus. Over the years the group has continued to grow and develop connections with not only our central campus but Woolston, Timaru and Manawa. The aim is to create a welcoming space for all. Every member is made to feel like they belong, and their cultures and achievements are celebrated and shared throughout a group. Members feel empowered to share and celebrate success alongside all of the identities of the Pasifika culture.

PISA has held language weeks, study sessions, social dinners, and sports days throughout the year. Members of the group have also helped out at O Week, Ara events, and BBQ's. PISA is excited for the year ahead and have recently elected a new Exec team. Throughout the year they want to welcome more members and expand PISA even more. To get in touch, go give PISA a follow on Instagram or Facebook, or send them an email on pacificislandstudentsofara@gmail.com



Ara Tramping Club uses the outdoors to make new mates and to improve well-being. The group is currently run by two students with a big passion for everything outdoors. June and Ashleigh want to introduce others from the past and those from the present to share their love for it. The girls run a range of overnighter and day trips for the club, and this June, they'll be keeping the group going with weekly walks around the Port Hills. It's a great thing to get onboard with. Find the group on Instagram and Facebook.

Wāhine Tū, Wāhine Ora is a group run by women, for women. It aims to provide a safe, fun and empowering community where wāhine students can make friends and move their bodies in ways that they enjoy. Enjoyment and support is prioritized within the group, especially for those who are less confident or struggle to get comfy in social situations. All wāhine are warmly welcome to be a part of the group and to come along to events. The program provides many free events such as ice skating, escape rooms, Waka on Ōtākaro, and He Puna Taimoana. Life can get tricky sometimes, so having a support group to turn to for support (or a fun time) can help. Wāhine Tū, Wāhine Ora strives for inclusivity, and they'd never want a wāhine to feel alone. Find out more on Facebook at Wāhine Tū, Wāhine Ora 2022.



I also want to highlight **The Ara Student Council**. They work tirelessly behind the scenes to ensure everything is running smoothly. The Student Council has several members who work together to create a better study environment for those on campus. They also help out with the general needs of Ara students. The Chairperson Brooke Coburn and Co-Chairperson Siulolo (as well as the rest of the Council) work together to help create new connections for Ara students, ensuring we all have the opportunity to study and work hard during our d.

The Podcast Guide to SURVIVING LOCKDOWN



Words by: Sam Weir

You're stuck at home, you're bored, and you know it's going to be a hell of a week. You're dying to get some fresh air and go somewhere that's not just another room in your house.

So, what can you do to liven things up around here? Try podcasts; those trendy little boredom busters. They're great to listen to when doing the chores you managed to neglect. What else can you do at this point?

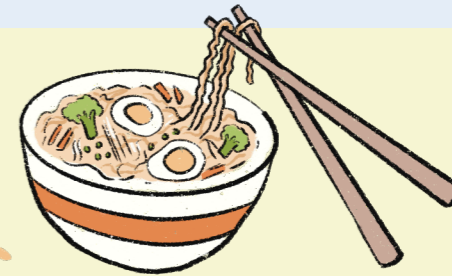
Welcome to the Waha take on podcasts. We'll unravel some hidden treasures (in no particular order).

Twin Flames by Wondrey: Would you do anything for love? That's the question host and multi-faceted actress Stephanie Beatriz asks. Beatriz brought us both Brooklyn Nine-Nine's Rosa Diaz and Enchanto's quirky cycle-breaker Mirabel. The six-part podcast series explores the Twin Flame universe and Jeff and Shaleia's leadership. Be intrigued as Beatriz guides you through the journey of former members in and out of the universe.

Quizzish: Sick of sport filled trivia? Do you carry your pub quiz team until you're asked when Serena Williams last scored love? Don't be so hard on yourself - you keep up with the Oscars, not the Olympics, right? If this sounds like you keep reading...from the all-female crew at Mammamia comes Quizzish. A Quiz show with a twist, it's pop culture central and you're encouraged to play along at home. So grab a pen and paper and let the flat bonding begin (or test yourself while enjoying peace and quiet).

The Space: The state of the world can make it easy to feel down in the dumps. Headlines are filled with COVID woes and Russia's latest attack on Ukraine. If you struggle with motivation and negative thoughts I have the solution for you. Mindfulness... I know I can feel your eyes rolling. But, this podcast isn't what you'd think. Mindfulness is not just about how you breathe, it's how you sit with the world around you. Nova Podcasts brings you 'The Space' with short bite-sized discussions around self-love and self-help. From burnout to making friends as an adult, 'The Space' will help you on a journey to a happier you.

Omicron Noms



Words by: Meg Nelis

2 Minute Noodle Magic

Being a student can limit the budget on food, and sudden isolation may mean the reliance on some pantry staples, such as the humble 2-minute noodles. This may be nice at first, but let's be honest, it will get pretty boring quickly. Noodles aren't the most nutritious, so let's jazz up those carbs with a few simple additions that will have you feeling like an absolute chef with a Michelin star! Cook your noodles as per the packet (without the flavour sachet), and try one of the options below:

Fry-Up

Cooked Noodles + Frozen/Fresh Vege Mix + Protein* + Oil + Sauce**

Fry all together in a pan excluding sauce until cooked through and crispy. Add in the sauce and continue to cook until warmed through.

Eggy Omelette

Cooked Noodles + Flavour Sachet + 2 Eggs + Splash Milk + Oil Spray

Whisk together eggs and milk and add to a hot pan sprayed with oil. Add the flavour packet to the noodles and spread on top of eggs in pan. Continue to cook in pan until eggs are done.

Soup-ify

Cooked Noodles + Chopped Vege Mix + Vege/Meat Stock + Protein*

Put chopped veges in a pot with stock and bring to boil and cook until veges are soft. Add in the noodles and protein and continue until protein is cooked through.

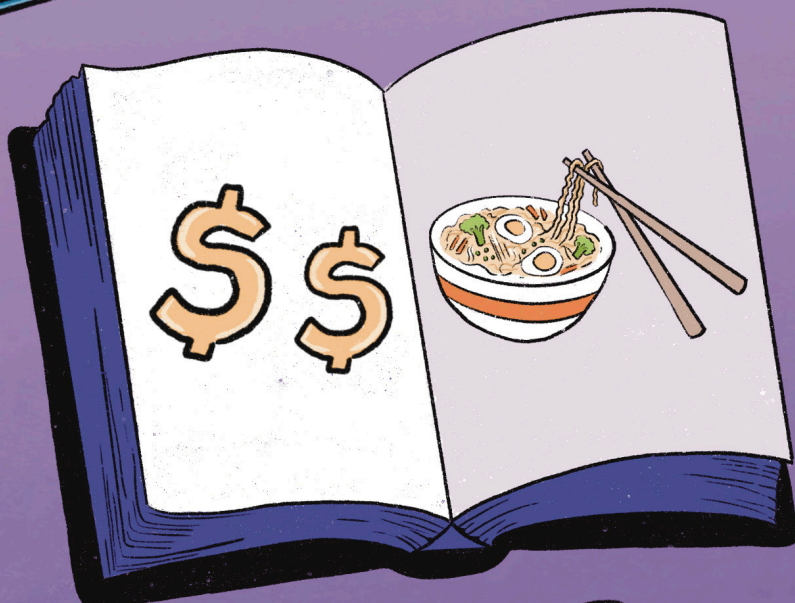
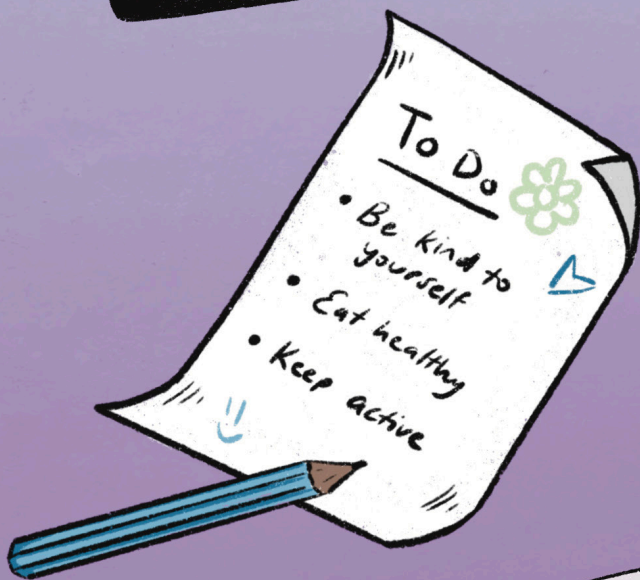
Bake-it, baby

Cooked Noodles + Flavour Sachet + Grated Carrot + Diced Onion + 2 Eggs + Grated Cheese

Mix all ingredients together in a bowl. Place in an oven-friendly tray and bake at 180°C and cook for 30 minutes or until cooked and golden on top.

*Protein could be: eggs, chicken, tofu, lean mince, steak, drained beans

**Sauce could be: Satay, Tomato, Sweet Chili, Soy Sauce, Honey, Indian/Thai paste



Check out
more inside!



Waha Kōrero
See all the past issues
of the magazine here!



Student Plug-in
Student run Facebook page
that posts about awesome
events happening, important
notices and about how you can
get involved in student life.



Student Council
Check out what has been
happening with the Ara
Student Council and see
how you can get involved.