

# Thriving through the summer

## YOUR GUIDE TO A GREAT SEASON IN RACING

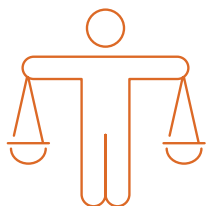


New Zealand's racing industry is vibrant and exciting, known for its passion, skill, and dedication. However, the busy summer racing season, combined with the holiday period, creates some very challenging times.

**Use these tips to look after your health and well-being during this busy season.**

### Balancing success and stress

Summer racing offers fantastic opportunities: thrilling competitions, increased prize money, and a chance to showcase our skills.



This success, however, comes with a heavy workload and many commitments, during a time where others are focusing on rest and celebrations with the family.

### What might we face?

- **Heavy workload**  
The relentless racing schedule demands long hours, significant commitment, and constant pressure to perform from everyone involved.
- **Financial pressures**  
More expenses, combined with unpredictable racing outcomes creates financial stress, especially during the expensive holiday season.
- **Emotional toll**  
High stakes and the risk of injury can feel more intense when added to the stress of the holidays.
- **Work-Life imbalance**  
Balancing a full schedule with family and personal commitments is a major challenge during a time meant for togetherness.
- **Alcohol consumption**  
Post-race celebrations can easily lead to more alcohol consumption, which is not good for our well-being.
- **Social pressures**  
The social side of the holiday season can clash with a heavy work schedule, leading to feelings of guilt or obligation.

### Tips to help our wellbeing



#### Prioritise self-care

Make time for rest, relaxation, and activities that help manage stress. Even short breaks can make a difference.



#### Ask for help

Don't wait to reach out to colleagues, family members, or OnTrack if you need support.



#### Set boundaries

Learn to say "no" to extra tasks or social events when you need to. Protect your time and energy.



#### Staying healthy

Good sleep, healthy food, and less alcohol can help build resilience.



#### Emotions

It's okay not to feel okay, but talk to friends and family, or call us on 0800 667 224



#### Talk to someone

Communicate openly with loved ones about your needs and limits.



#### Offer help

Remember that many people find the holidays challenging. Listen and offer support and understanding to those around you. You can connect them to OnTrack for more support.



#### Celebrate the wins

Take time to enjoy and appreciate successes, both big and small.



#### Connect with others

Sharing experiences and offering support with others in racing can be really helpful.

**The holiday season affects people in different ways. Put your well-being first, make choices that suit your needs, and seek help if you need it. You are not alone in facing these challenges!**

**0800 667 224** support line  
ontrack.org.nz



# Helplines and support services available 24/7

**In the event of a life-threatening emergency please phone 111 or go to your nearest hospital emergency department (ED)**

- **OnTrack: 0800 667 224**  
No problem is too big or too small – OnTrack are here to listen and support you.
- **National Helpline text or call 1737**  
Free service for New Zealanders feeling down, anxious, a bit overwhelmed or just need to chat to someone. You can call or text us for free 24/7.
- **Tautoko Suicide Crisis line: 0508 828 865**  
A free, nationwide service.
- **Victim Support / Manaaki Tāngata 0800 842 846**  
Free, nationwide for people directly affected by crime, suicide and traumatic events, including their family and witnesses.
- **Vitae (for racing): 0508 664 981**  
Our racing industry workplace well-being support.
- **Lifeline: 0800 543 354 or text 4357**  
Mental health support and counselling service.
- **Samaritans: 0800 726 666**  
Mental health support and counselling service.



- **Youthline: 0800 376 633 or text 234**  
Support for any young person or anyone supporting a young person.
- **What's Up: 0800 942 8787 (Monday to Sunday 11am-11pm)**  
Free, nationally-available counselling helpline and webchat service for children and teenagers.
- **Rural Support Trust: 0800 787 254 (during business hours)**  
Working with local rural communities to provide support during challenging times.
- **Depression Helpline: 0800 111 757**  
Free support service and practical support for those navigating depression and anxiety.
- **Aoake te Rā – Bereaved by suicide service 0800 000 053**  
Free services that provides support and Manaaki to individual and family who have lost someone to suicide.  
***This is not a crisis service.***



**Need to talk?**  
**Call 0800 667 224**  
**ontrack.org.nz**