

# Tip sheet

## Pandemic wellbeing

The current COVID-19 situation in New Zealand has been unprecedented, and for some this has meant working long hours and under stressful conditions to ensure the safety of the community. This does not mean that we relinquish control over our lives. We can all take control of our wellbeing response.



### Staying well with COVID-19

#### **Eat regular meals**

Choose healthy options whenever you can.

#### **Stress responses**

When you find yourself feeling stressed be aware of your breathing – stop and take some slow deep breaths.

#### **Make sure you get plenty of sleep**

Put your devices away and do something relaxing before you go to bed.

#### **Exercise**

Make this a habit – walking around the local area, or just sitting outdoors for a period each day.

#### **Don't overdose on news**

A 'once a day' update is enough. If you require detailed information, check in to reputable sources such as the Ministry of Health website.

#### **Be wise about your social media use**

Negative conversations are not helpful at times like this. Connect in positive ways such as local online support groups or community groups e.g. Neighbourly etc.

#### **Be thoughtful with your media choices**

Find things that are uplifting and positive. Rerunning old disaster movies may increase your sense of anxiety.

#### **Stay connected**

Make sure that you keep connecting with your community/faith groups as you normally would, by creative use of technology.

Talk with a friend or a family member about what you are experiencing. You could share with each other one thing you are finding difficult, and one thing you are grateful for.

Remember, you are working in a team, keep connected as team members, be kind and considerate of others as they adapt to this new and challenging situation. Forgive others for being human too.

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