

Looking after your Mental Wellbeing

<https://covid19.govt.nz/individuals-and-households/health-and-wellbeing/looking-after-your-mental-wellbeing/>

Staying Mentally Healthy

Your feelings and mental health are important.

Right now, it is normal to feel angry, scared, sad or worried. Lots of other people around New Zealand are feeling the same way! Even if you are not sick, you might be feeling anxious about COVID-19. It's normal to feel this way.

Here are some things you can do to help when you are not feeling good. Find what works for you and keep doing it while you stay at home.

Looking after your mental wellbeing

Keeping in touch with other people is a great way to help you feel better. Even though you can't go and visit in person, you can find different ways to talk and listen to each other.

- Call people on the phone, or through VIS or NZ Relay
- <https://nzvis.co.nz/>
- <https://www.nzrelay.co.nz/>
- Text or send messages to people;
- Use social media to keep in touch;
- Make video calls on your phone or computer;
- Talk to your neighbours from your fence or driveway. Make sure you stay two metres away from them while you talk.

Sharing how we feel and being kind to each other is important.

Making a routine for yourself will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes, get some fresh air, make time for talking with friends or whānau, do your chores. Include fun things in your routine too!

If you feel you are not coping

If you feel you're not coping, it's important to talk to a health professional like a doctor, nurse or counsellor. If you need to speak with someone, you can call or text 1737 to talk to a counsellor. The number is open all day and night and is free to call.

Tell yourself that how you are feeling is normal. Staying at home and changing what you usually do and who you usually see is hard. Even though things are very different at the moment, it's good to remember that it will not be different forever and your feelings will pass. You do not have to be afraid of your feelings.

We're all in this together. Even while we are staying at home, it's important to stay connected to people in other ways. New Zealand is known for its manaakitanga, and now more than ever, we need to remember the power of kindness and community.

If you need help, information or advice while you are staying at home, you can call the Government COVID-19 helpline on 0800 779 997. It is open every day from 8 am-10 pm and it is free to call.

Top ways to look after your mental wellbeing

Here are some things you can do to look after yourself and your loved ones while you stay at home.

Stay connected

Connecting with people we care about is important for our wellbeing. It can make us feel safer and calmer. We can support each other and get through this together.

Even though we can't go and visit each other in person, we can find different ways to talk and listen to each other. There are a lot of ways we can keep in touch:

- Call people on the phone, or through VIS or NZ Relay.
<https://nzvis.co.nz/>
<https://www.nzrelay.co.nz/>
- Text or send messages to people;
- Use social media like Facebook or Instagram;
- Make video calls on your phone or computer;
- Talk to your neighbours from your fence or driveway.

It's okay to have feelings

It is very normal to feel stressed, worried, overwhelmed, or scared about what is happening. Give yourself time to notice and express what you're feeling. You can do this by writing, drawing, talking to others, doing something creative or meditating. Talk with someone you trust about how you are feeling.

Keep your routine

Making a routine for yourself will help you get through each day. Go to sleep and wake up at the same time.

Eat regularly at the same time each day. Shower and change your clothes daily. Get fresh air by going outside each day and make time for talking with friends or whānau. Do your chores and make time for fun things like hobbies, watching movies and listening to music.

Meditating and exercising can help you relax and feel more positive.

If you smoke, drink, or vape try not to use these any more than you normally would.

Check-in on other people who might need help

Reaching out to people you know who might be feeling alone can make both of you feel less lonely.

There are a lot of ways we can keep in touch:

- Call people on the phone, or through VIS or NZ Relay
<https://nzvis.co.nz/>
<https://www.nzrelay.co.nz/>
- Text or send messages to people;
- Use social media like Facebook or Instagram;
- Make video calls on your phone or computer;
- Talk to your neighbours from your fence or driveway. Make sure you stay two metres away from them while you talk.

Find the Facts

COVID-19 is a big issue happening all over the world. The News is talking about it all the time and people you know are probably talking about it a lot too.

All of this different information about COVID-19 can feel overwhelming. Make sure that you get your information from official New Zealand government sources so that you know what the facts are and can ignore the rest.

You can get official information from the New Zealand Government at:

- Ministry of Health Website
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>
- COVID-19 Website
<https://covid19.govt.nz/>

If you want to follow the News, it is a good idea to choose one source that you trust. If the News is making you feel bad, you can turn it off, stop checking it for a while, or only check it once a day.

It is okay to ask for help

If it is an emergency and you need help immediately, you can call 111 or use the 111-text service if you are registered.

If you need to talk to someone, you can call or text 1737 to talk to a counsellor. The number is open all day and night, and it is free.

Continue with your mental health treatment.

If you usually have treatment for your mental health, and you notice your symptoms are getting worse, please talk to your doctor, counsellor, caseworker, or mental health team, about how they can continue supporting you.

Ask if you can have your regular appointments by phone, email, text or video chat.

You can also ask for advice about how to look after your mental health while you stay at home, and who to call if you need help urgently.