The world is always changing, bringing new challenges alongside everyday life and fun times. COVID-19 is like any challenge: it brings up different feelings and opportunities. How you feel is connected to how you think about situations, influencing what actions you take within your social and cultural context.

**LOOK AFTER YOUR TAHA TINANA / PHYSICAL WELL-BEING**
- Care for your body: Your body goes with you wherever you are, from birth to death. Take care of it, speak kindly about it, and listen closely to what it needs.
- Be active/me kori tonu: Get your body moving with any activity that you enjoy. It might be a walk, a run, yoga, kicking a ball, or having a kanikani (dance). Use the Just Dance app to release your inner dancer.
- Get rest: Rest your body allowing your mind and body to recover. Look after your sleep cycle getting plenty of sleep.

**BE CREATIVE**
- Paint, draw or write about COVID-19, or be creative in a way that suits you, to give yourself a break.
- Watch the YouTube video *Why do we lose control of our emotions?* www.youtube.com/watch?v=3bKuoH8CkFc

**ACT ON THE PROBLEM = BE EMPOWERED**
On your own or with others, DO something to improve your health or to help others.

**HAVE FUN**
Have fun in your life - every day, if possible. DO things that you enjoy and try out new things.

**LEARN MORE**
Find out more about the facts of COVID-19. Use your critical thinking and fact checking to make sure you are accessing reliable information. Use this information to decide what to do.

**EXPRESS YOUR FEELINGS**
Express your feelings through words, pictures, movement, music, or whatever ways suit your personality and the particular feelings.

**LISTEN TO HOW YOUR BODY FEELS**
Take notice of how your body feels and give it some attention. Maybe your body wants to move, dance, rest, hide, get warm, be in nature, or seek some comfort. Care for your body and make sure you enjoy eat well, sleep and rest, and get frequent physical exercise.

**GROW YOUR TAHA WAIRUA (spiritual wellbeing)**
If you find yourself confused or uncertain, take time out and ask yourself, what is important to me and why? Reflect on the situation: writing or talking can help clarify what is most important. Think about your whakapapa and consider what hope and guidance it offers.

Learn about your background and culture to understand more about why you think, act and feel certain ways. Explore the art, stories, and music from your culture, and from other cultures around you, for inspiration and guidance.

Take a look at *Aunty Dee’s Tips for Celebrating Culture*

**FEELINGS:**
**UP CLOSE AND PERSONAL**

**LISTEN TO HOW YOU FEEL**
What you are feeling about COVID-19? Give your feelings names. Write about or draw your feelings.

**ACCEPT YOUR FEELINGS**
All feelings are okay, no matter how big or small. Remind yourself that other people feel the same way at times and that all feelings are important.

**RIDE YOUR FEELINGS**
Remember that feelings are like waves, they come and go and will pass. Imagine yourself surfing the waves of your feelings, riding them as they grow and fade.

**EXPRESS YOUR FEELINGS**
Express your feelings through words, pictures, movement, music, or whatever ways suit your personality and the particular feelings.

**LISTEN TO HOW YOUR BODY FEELS**
Take notice of how your body feels and give it some attention. Maybe your body wants to move, dance, rest, hide, get warm, be in nature, or seek some comfort. Care for your body and make sure you enjoy eat well, sleep and rest, and get frequent physical exercise.

**MAKE MUSIC**
Create a playlist with your favourite tunes for calm and peace, or for feelings of happiness.
THINKING AND EMOTIONS Taha hinengaro

CHANGE YOUR SELF-TALK Self-talk is the way you talk to yourself, the thinking inside your head. It can be a powerful influence on how we feel, and on what we do. Identify ways of talking to yourself that are kind, encouraging, helpful and optimistic. Learn to listen to your inside voices, or thoughts. Ask yourself: “Is my Self Talk encouraging and helping me?” If you find yourself making critical judgements, giving yourself a hard time, or getting stuck with negative thinking about yourself or the world, you can change your self-talk. Ask yourself ‘What is a more helpful way to think about this? How would you talk to a friend during hard times?’

TAKE A THOUGHT BREAK If you find yourself dwelling on COVID-19, give yourself a Thought Break. Change it Up – move from where you are, spending time thinking about something else, or turn your mind to something simple like picking flowers or watching your pet play. Taking time out is not the same as avoiding the issue.

CRITIQUE YOUR WORLD Question, investigate, consider and examine the information coming your way and the views being expressed by others. Watch out for rumours, misinformation and stigma. Consider what you believe and ask yourself ‘why do I think this way?’

BE IN THE NOW Being in the now (mind and body) is called mindfulness and can help us cope with the stress of COVID-19. Each day, take time to notice what you are seeing, feeling and experiencing right now. Let go of thoughts of the past or the future, and just observe what is happening at that moment: Go on a mindful walk and notice your surroundings; eat some delicious kai being aware of every bite. Observe your thoughts from a distance, without judgement, as if the thoughts were clouds in the sky. If you are feeling worried, try just noticing the feeling without judging it or wanting to make it go away. What does it feel like in your body? “Oh, here is worry again, and I can feel my tummy butterflies”.

TAKE ONE STEP AT A TIME If you find yourself overwhelmed, use your Self Talk to speak to yourself in a kind and patient voice. Break down what you are trying to do into small, achievable steps.

FOCUS Pick one or two actions you can focus on during the COVID-19 outbreak. Keep it simple, write down what you want to do, and acknowledge what you are doing.

BE GRATEFUL Take some time each day to think about what you value about your life, your friends and family, and the planet. Stop and really notice what is good. Start with the little things. Notice what others are doing to help the community during this crisis. Express your thanks and give compliments. You might even want to start a “gratitude diary” or share what you are grateful for with someone each day.

Remember the simple things that give you joy / Me aro tonu ki ngā mea māmā noa i ngākau.