

WELLBEING SUPPORT FOR YOUNG PEOPLE; COPING WITH COVID-19

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.



ACTION: THINGS YOU CAN DO TO HELP COPE WITH LIFE'S CHALLENGES

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.

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

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.

SOCIAL WELLBEING

Taha whānau

CONNECT

Make a phone call, connect via video, send a message, work together on a project.

HELP AND BE HELPED

Ask for help. That could mean emotional support to help you cope, or practical help. Be honest when you are struggling and need support. Be kind to others wherever possible, recognising and helping them with what they need.

GIVE

Give compliments. Share what you have. If social distancing is not required, volunteer your time or skills. Donate your old toys or clothes.

BELONG

Learn about your background and culture to understand more about why you think, act and feel certain ways. Tune into your whakapapa and spend time with your whānau to find out more about your tūrangawaewae. Talk to elders about their lives in person or online. Consider your family and cultural values for guidance about how to cope and live with purpose.

LET YOUR VALUES BE VISIBLE

Advocate for someone, stand up to stigma or bullying, join a cause. Speak up and share your thoughts in person and online.

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.

THE WORLD AROUND YOU: CONNECT WITH NATURE

When not in self-isolation and practicing social distancing, spend time in nature and your local community. Aotearoa New Zealand is full of wonderful places. Discover the awe inspiring, peaceful and special places in your neighbourhood. Climb your maunga. Plant a tree or grow a pot of flowers or herbs. Spend time with animals. Listen to the birds. Catch a wave. Look at the stars. Watch the clouds. Enjoy the sunrise. Forage for food. Swim in your awa. Notice the seasons. Visit and care for the land and places of your ancestors. When in isolation, discover the nature in your back yard or online [Department of Conservation virtual field trips](#)