

Mental Health and Wellness Tips

Top ways to look after your mental wellbeing

Stay connected

This is important for our wellbeing and helps to make us feel safer, less stressed and less anxious. We can support each other to get through this. While we are limiting social contact to contain the spread of COVID-19, there are still lots of ways we can connect.

Acknowledge your feelings

It's completely normal to feel overwhelmed, stressed, anxious, worried or scared in the current situation. Allow yourself time to notice and express what you're feeling. This could be by writing thoughts and feelings down in a journal, talking to others, doing something creative or practising meditation. Talk with people you trust about your concerns and how you're feeling. Reach out to others.

Stick to routines where possible

Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, have regular e-meetings with colleagues or virtual coffee dates with friends and do your chores. Meditating and exercising can help you to relax and have a positive impact on your thoughts. Try not to increase unhealthy habits like comfort eating, drinking, smoking or vaping.

Check-in on other people who might need help

Reaching out to those who may be feeling alone or concerned can benefit both you and the person receiving support.

Seek accurate information from legitimate sources

You may find it useful to limit your media intake. Get the facts from this website to help distinguish facts from rumours. Seek information updates at specific times once or twice a day.

Don't be afraid to seek further professional support

For support with anxiety, distress or mental wellbeing, you can call or text [1737](tel:1737) to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

Continue existing mental health treatment if possible

Notice if your symptoms are getting worse. Talk to your GP, counsellor, caseworker or mental health team about how they can continue supporting you.

Community mental health service appointments will be online or by phone where possible, however there may be some face-to-face urgent appointments, so long as professionals can take appropriate measures to manage public health risks. Listen to the tips from your treatment provider to help you get through.

You may also want to consider who you can call if you need urgent help.

For more information you can [click here](#).

Free Resources

Free apps, toolkits, and other digital resources are available to help New Zealanders look after their mental wellbeing.

Getting Through Together

You can find tips and advice on how to cope with the stress of COVID-19 in the Getting Through Together toolkit, developed by All Right? in partnership with the Canterbury DHB and the Mental Health Foundation.

This set of online resources can help you get through, stay connected, and support your wellbeing. It also includes Sparklers at Home, a resource for parents to talk with their primary-school-aged children about their mental health and wellbeing.

[Getting Through Together\(external link\)](#)

[Sparklers at Home\(external link\)](#)

Mentemia

The Mentemia app provides practical tips and techniques to help you take control of your mental wellbeing. It was created by All Blacks legend and mental health advocate Sir John Kirwan, tech entrepreneur Adam Clark, and an expert team of medical advisors.

[Mentemia\(external link\)](#)

Melon

The Melon app provides a health journal, resources and self-awareness tools to help you manage your emotional wellbeing. Melon also provides an online community for New Zealanders to connect and support each other, and daily webinars for health and wellbeing.

[Melon\(external link\)](#)

Staying on Track

This online course teaches practical strategies to cope with the stress and disruption to everyday life from COVID-19.

[Staying on Track\(external link\)](#)

Mental Health and Wellbeing Support

Resources to help you and your business keep healthy and well, including:

- staying mentally well when working alone
- how to spot warning signs of burnout
- minimising stress
- build-you-own health and wellbeing policy
- where to go for free advice and support.

[https://www.business.govt.nz/risks-and-operations/health-and-safety/mental-health-and-wellbeing-](https://www.business.govt.nz/risks-and-operations/health-and-safety/mental-health-and-wellbeing-support/?utm_source=Newsletter&utm_medium=email&utm_campaign=COVID_19_Special_Edition_September_14_2021&utm_content=https%3A%2F%2Fwww.business.govt.nz%2Frisks-and-operations%2Fhealth-and-safety%2Fmental-health-and-wellbeing-support%2F)

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Sport NZ Sport Tutor site an online course for dealing with prickly people – a good one for all personnel (paid and volunteer) to work their way through. Its free – just needs your own time.

Sport NZ : Sport Tutor online self-directed learning: TUF – Thriving Under Fire

<https://www.sporttutor.nz/pages/description.jsf?menuId=1106#/users/@self/catalogues/268432/courses/406459/description?menuId=1745864#/users/@self/catalogues/268432/courses/159728/description>