

Keeping Spirits High – Wellbeing with Covid-19

1) NZ Mental Health Foundation (<https://www.mentalhealth.org.nz/get-help/covid-19/>)



Looking after mental health and wellbeing during COVID-19

LOOKING AFTER MENTAL HEALTH AND WELLBEING DURING COVID-19

COVID-19 is changing our daily lives. It's important to look after our wellbeing and the wellbeing of our whānau and community as we get through this – together.

[Top tips to get through](#)

[FAQs](#)

[Further reading](#)

HELPLINES

- **1737** – Free call or text 1737 any time for support from a trained counsellor.
- **Lifeline** – 0800 543 354 or free text 4357 (HELP)
- **Youthline** – 0800 376 633 or free text 234
- **Samaritans** – 0800 726 666

It's a tense time for most of us. COVID-19 is scary, and it's rapidly changing the way we work, socialise, travel, access healthcare, exercise, shop and live. We know many people are feeling anxious, stressed, worried and scared.

It's time to work out how we're going to look after our own wellbeing and the wellbeing of our whānau and community as we get through this – together.

The number one message we want New Zealanders to hear is this: we will get through this if we work together. Connecting with people who make you feel safe and loved is the most important thing you can do to look after your mental health and the mental health of people around you. "Self-isolation" or staying at home makes this difficult, but not impossible. We're going to have to get creative.

We also know that things are really tough right now for some people who live with mental illness. Stress and anxiety can make things worse. While we don't have all the answers, know we're sending you love and strength and our wellbeing tips below are designed to work for you (however you're feeling right now). Our [FAQ](#) answers some of the questions we've been receiving.

You can free call or text 1737 at any time to speak with a trained counsellor – it's free and confidential.

We'll be updating this part of our website as often as we can with new information, resources and material. We're also active on [Facebook](#), [Instagram](#) and [Twitter](#), where we'll be sharing ways to support wellbeing and asking you to share the things that are helping you get through. We hope you'll join us. He waka eke noa – we're all in this together.

Nga mihi nui,
The Mental Health Foundation of New Zealand

2) All Right (<https://www.allright.org.nz/>)

About

Kia ora! Life is full of ups and downs. All Right? helps navigate life's challenges by encouraging people to think about where they're at, and sharing simple tips and tricks that can give our wellbeing a boost.

[About All Right?](#)



3) Sparklers (<https://www.sparklers.org.nz>)



Keeping the COVID-19 emotions kōrero cool

Last week we introduced making some things in the classroom to help tamariki talk about their emotions and practice calming down - we focused on [Sensory Kete](#), [Glitter Timer](#) and [Smiley Stress Ball](#).

If you've been following Sparklers for a while, you'll know how passionate we are about talking about emotions - it's the first step to being able to regulate them, and the benefits of understanding and being able to understand our emotions correlates hugely to overall positive wellbeing - now and for the rest of our lives.

While COVID-19 will be coming up a lot, it might be important to:

- Be listening as tamariki try to make sense of what they know. Let them know that this virus has had a lot of media attention and if tamariki want to talk, you're available.
- Again teachers, we're asking you to be the calm one, modelling what's appropriate - as if you hadn't had enough of that!
- Be confident with what you say - those students will be studying your responses pretty carefully. Keep your information in line with the [Ministry of Health guidelines](#) and focus on staying well by washing our hands with soap and drying them well, and coughing and sneezing into the inside of our elbow. We really [loved this video](#) doing the rounds on social media.
- And we're all in this together! We are attending to this as a class, as families, as communities and as a nation - and that is pretty cool - the great things we do and choices we make have a big impact - we keep ourselves and other people healthy. That's our job.

We would recommend using your [Emotional Rollercoaster](#) and [Colours of Emotions wheels](#) to check in with tamariki and start conversations about COVID-19. Also, keep up your [Tummy Breathing](#) to ensure there's some calm moments - for you and your students!



Greater Good's Guide to Well-Being During Coronavirus



Practices, resources, and articles for individuals, parents, and educators facing COVID-19.

BY **GREATER GOOD** | MARCH 18, 2020

At *Greater Good*, our mission is to share scientific research that can help promote a happier, more compassionate society. With the recent COVID-19 outbreak, we're committed to bringing you stories, tips, and tools for these uncertain times in our global community.

We'll continue to update this page with resources for individuals, families, and educators. Here are our most recent articles related to COVID-19:

- **How to Keep the Greater Good in Mind During the Coronavirus Outbreak:** Beyond good hygiene, follow these tips to help others with the way you think, feel, and communicate.
- **How School Closures Can Strengthen Your Family:** Read three tips for how to cope if your kid's school closes, from Christine Carter.
- **How Can We Stop Prejudice in a Pandemic?:** Learn from the 2014 ebola epidemic about what drives bias and how to fight it.
- **Eight Acts of Goodness Amid the COVID-19 Outbreak:** Remember the acts of goodness, kindness, and heroism taking place around the world.
- **How to Help Teens Shelter in Place:** Teens are not made for isolation, which makes COVID-19 especially hard on them. Here's how to help your teenager to see the bigger picture.
- **Why Taking Care of Your Own Well-Being Helps Others:** Our emotional well-being can benefit the people around us.

5) **Generation Next** (<https://www.generationnext.com.au>)

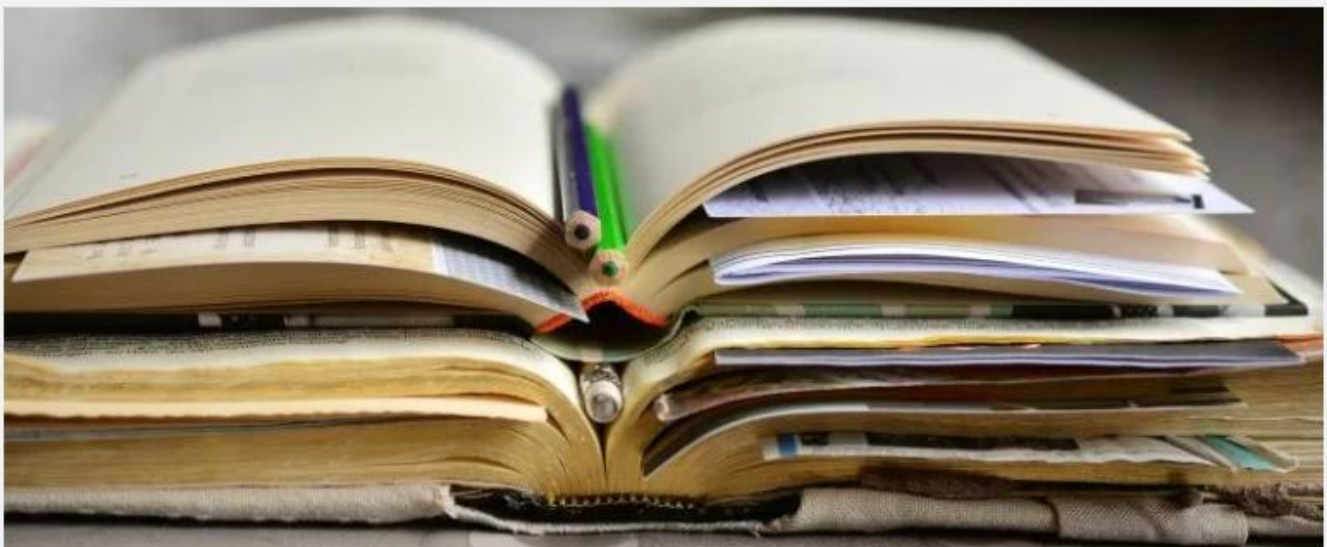
GENERATION NEXT

A social enterprise providing education and information to protect and enhance the mental health of young people.

How to Use a School Closure to Surge Ahead Academically

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How to Use a School Closure to Surge Ahead Academically

The probability of school closures to slow the spread of the coronavirus (COVID-19) is a major challenge for senior school students.

It is tempting to view this as an extended holiday with time for crashing out on the couch, watching squillions of episodes of Games of Thrones (again), spending endless hours messaging friends and consuming as many great snacks as you can get your hands on. Of course while all of this, your parents are most likely going crazy but you have the perfect excuse- you didn't ask for the school year to be disrupted.

Now I don't wish to throw a dampener on your party plans but if you decide to veg out and do no work, you might regret it later. At the risk of being a major spoilsport, here are a few ideas to consider.

6) **Mentally Healthy Schools** (<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing/>)



CORONAVIRUS: RESOURCES FOR MENTAL HEALTH AND WELLBEING

A free toolkit with resources and tips to help you address anxiety arising from these challenging times.

↓ **DOWNLOAD RESOURCE**

SAVE RESOURCE ☆

In this toolkit you will find: a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

<p>Responding to the coronavirus: resources for mental health and wellbeing</p> <p>Supporting schools and colleges booklet - the Anna Freud Centre This free booklet provides advice and guidance for school staff about how to help children and young people manage their mental health and wellbeing during times of disruption to their learning. Go to resource</p> <p>Supporting schools video - the Anna Freud Centre This video provides guidance to those working in schools and colleges about how they can help their pupils manage their mental health and wellbeing during any disruption caused by the coronavirus. Go to resource</p> <p>Supporting parents and carers video - the Anna Freud Centre This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus. Go to resource</p> <p>Self-care strategies - the Anna Freud Centre A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or, anxiety might be heightened, it might be helpful to try one or some of these strategies. Go to resource</p>	<p>Helpful information to answer children questions about coronavirus - Place2Be Go to resource</p> <p>Talking to your child about the coronavirus - YoungMinds Go to resource</p> <p>Coronavirus and your wellbeing - Mind Go to resource</p> <p>Worries about the world - Childline advice page This page includes information on what concerns a child might currently have, for example, about the coronavirus, and some things to try to address these worries. Go to resource</p> <p>Mood Journal - Childline Children can sign up to Childline's 'locker', and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty. Go to resource</p> <p>Calm zone - Childline A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption. Go to resource</p>	<p>Understanding anxiety illustration - Priory Group Go to resource</p> <p>Coronavirus comic strip - NPS A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have. Go to resource</p> <p>Tips for if you're worried about the coronavirus - Newsround video Go to resource</p> <p>How to cope when you can't go to school because of the coronavirus - Newsround video Go to resource</p> <p>Helplines</p> <p>SHOUT - text 'shout' for 8000 for 24/7 crisis text support</p> <p>Childline - under 19s can call 0800 111 for free, confidential support</p> <p>Education support - school staff can call 0300 07 1414 or text 0300 330033 for 24/7 help and advice</p>
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7) **Netsafe** (<https://www.netsafe.org.nz/>)



We're in this together

COVID-19 update

As people rely more on virtual connections, Netsafe's resources will help you navigate these uncharted waters. We're also encouraging you to be vigilant to opportunistic scammers, fake news and possible online abuse. You can follow Netsafe NZ on social media for our latest advice and check back here regularly as we develop new resources to help people stay safe online. Our team remain available seven days a week to assist you, but will be unable to take phone reports at this stage. For the most accurate information go to [covid19.govt.nz](https://www.covid19.govt.nz).

