

COVID-19 CORONAVIRUS

Looking after your mental wellbeing

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. Media coverage or public discussion of COVID-19 may affect you. It's normal to feel distressed and experience symptoms of stress in this time.



Tips for managing your own mental wellbeing

- Spend time in places that feel safe and comfortable as much as possible.
- Tell yourself that how you are feeling is a normal reaction and will pass – it is nothing to be afraid of.
- Reach out to your usual supports – family and whānau, friends and workmates. Sharing how we feel and offering support to others is important.
- Keep to usual routines – mealtimes, bedtime, exercise and so on.
- Keep active – going to work, doing usual leisure activities and seeing friends can improve general wellbeing and help distract from distressing feelings.

If over days and weeks your distress or stress symptoms are escalating or you feel you are not coping, help and professional support is available. For support with anxiety, distress or mental wellbeing, you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.