

COVID -19

Managing your physical, mental and emotional wellbeing



REMEMBER, WE'RE ALL IN THIS WAKA TOGETHER

Whether you're directly affected by COVID-19, or are feeling anxious or distressed about how it may impact on you and your loved ones, try not to panic. We are lucky to be part of a supportive virtual community and can help each other. Sharing how we are feeling and offering support to others is key.



KNOW THAT WE'RE HERE TO HELP

You may find that your normal routine is disrupted in the coming weeks. Please talk to your facilitator if your ability to meet deadlines or keep up with course work is compromised. Your student advisor can help you find solutions to any issues that prevent you from enjoying your study and achieving your goals, and can give you advice on how to change your programme of study if necessary. We're here to help.



CONNECT WITH OTHERS

Reach out to your fellow learners. Sometimes having a conversation using Skype or another online medium can make a difference to how you feel. You can also use the online forums within your course to offer support and share ideas.



LOOK AFTER YOUR MENTAL HEALTH

Your mental health is as important as your physical health. You may find that you're feeling stressed and worried about your own health and the health of your friends and whānau. This may lead to changes in sleep, eating patterns and difficulty sleeping or concentrating, and may affect your ability to study. If you're feeling stressed, try taking breaks from following the media coverage of the pandemic and make time for activities that you enjoy. Talk with friends and whānau about how you're feeling, and call your GP if these feelings get in the way of your daily activities for an extended period of time. Your student advisor can refer you to your ITP's support services should you need them.

For support with grief, 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. This service is offered by the Ministry of Health.



LOOK AFTER YOUR PHYSICAL HEALTH

Follow the [Ministry of Health's advice](#) about how to protect yourself and what to do if you have been exposed.

Try to get enough sleep, eat healthy meals and stay active where possible. If you're stuck at home, check out some of the many yoga, calisthenics and cardio classes on YouTube.

**HE WAKA EKE NOA
A CANOE WHICH WE ARE ALL IN WITH NO EXCEPTION**

Let's be social.

Join TANZ eCampus on Facebook and LinkedIn and be part of our community of learners.

