



## Health Navigator New Zealand website

### Video transcript:

Te fakafano o te taimi, kui i te faiga o nā mea taulima, muhika, tafaoga ke fehoahoani ai ki te fakaitiitiga o te nofo popole (Keeping busy with crafts, music, games to help with anxiety)

0:00

Mālo ni. Ko Erana Thompson toku igoa, ko au e hau i Te Puaha o Waikato.

00:04

Ko au e nonofo ai ma toku hoa kia Alyssa ma te māua pepe ko Te Amo, kua tai katoa te tolu tauhaga o ia.

00:10

Ko au he matua e hē galue, kae e tauhi kaiga i te fale, e taukikila la e au ia pepe ite fale,

00:13

kae ko toku hoa e faigaluega. Na ko haofia muli nei, ko au

00:17

fātoa kamata oi fita i te tatekiteki tauanoa ona ai e iei ni mea e fakalavelave ki toku māfaufau ma te nofo popole

00:21

talū ai lava te tutupu o te loka muamua i te tatou atunuku. Au nae mahani iei oku lagona ve ko au oioti.

00:27

Nae he ko haofia pe iei ni iētahi tino nae venei

00:30

foki na tulaga kua kuia e latou,  
ma oho ai na fakafehili pe he mea lelei nei pe he mea hē lelei.

00:34

Kae io, nae tamā fakamataku  
ma nae iei te vaitaimi na taumafai ai au

00:40

ke fakaheai ni lagona ve ma hakili ni auala ke fehoahoani mai

00:44

ke fakatotoka ai na lagona nae ko lagona. Ko te lahiga o na lagona iena

00:47

na fehoahoani mai ai toku matua  
ke fakaheai.

00:51

Fakatakitakiga, ko te fakatotoka kui i te fakaoga o nā metotia ve ko te manava ki loto ma  
manava ki fafo, na tamā mea  
ve foki la ko te tātā malie o he mea ve ko te laulau ke fakaitiiti ai te tā vave o toku fatu,

00:56

ma nae ko fakāoga foki te lālāga ke lalaga ai na fau ua

01:01

ma tafao i na pelē, nae pehe i na pehe karaoke,  
hōhe vaega vena ke fakatotoka ai toku mafaufau,

01:07

he ko haofia, kae ko te tauale ka oho mai e mafai ke  
fano mō he 10 minute e fai ai ni mea veia oi totoka loa au.

01:12

Ko mulinei lele na maua ai ia Alissa e te koviti  
kae ko te taimi lava na ki maua haofia ai

01:16

nae fakatekia lele, ki maua kua tēteki lele.

01:17

lo na e hē ki maua haofia foki pe hea te tatau ke fai pe  
vefea foki ona tautali ki tenei tala fakapopole.

01:22

Ki maua nae lahi lava ki te popole.

01:24

Ko ia na i loto ite umu kuka  
ma nae tagimāhuhu lele,

01:28

e venā ona tagimāhuhu au i loto i kinei.

01:31

Te tūkehe o toku popole  
ki te ma pepe aua ka maua e te koviti,

01:33

toku hoa,

01:36

na pepe e faigaluega ma au,

01:37

ko au nae hē fofou ke tuhituhilima mai  
kafai e fakapepehi e au ki ni tahi tino.

01:41

Kae ko te taimi kua haofia ai pe hea te ka fai  
ma fakailoa ai loa ki na tino.

01:44

Tenā, fakailoa loa e ki maua ki te ākoga a te ma pepe,

01:46

na fakailoa e au ki toku pule.

01:49

Ko te akoga la

01:51

na hokotaki ki te marae o Papakura, ke foki o mā i goa

01:55

oi tavilivili mai ai na vāega kehekehe  
i te vaiaho katoa, te lelei ko.

01:59

Na maua la a matou fakamomoli  
i te aho muamua, haloa, te manaia.

02:05

Toku fōmai foki nae fehoahoani lele.

02:06

Te falemai a te matou fōmai  
e iei tana teine fōmai fakapitoa i te koviti,

02:10

nae tavilivili mai la te teine fōmai tenei i aho uma.

02:13

Aku fualakau uma lele na talafo uma mai foki.

02:16

Na aga uma ienei na fakatino mai na fakamalohilohi lele ai ki māua.

02:17

Nae fehoahoani lahi lele  
foki te he loka o ki mātou,

02:21

e ve ona kē lagona ai  
ko na meauma ka toe liliu lava ki te mea nā iei ai.

02:24

Kua ko mafaia lava oi laka ki fafo i te matou fale kae he iei he popole.