



Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

Video animation transcript: COVID-19: Self-care for carers

[Introduction]

Audio	Visual
[Background music plays throughout the video]	
<p>[Narrator] When you're caring for someone with COVID it can be exhausting.</p> <p>It's important you don't get burned out, or get sick too.</p>	<p>On a white background, a title is displayed: COVID-19: Self-care for carers</p> <p>The title fades and we see Ngaire pushing Agnes (Ngaire's elderly mum) in a wheelchair in the garden at home. Both are wearing masks because Agnes is COVID positive.</p>
<p>[Narrator] If you catch COVID you won't be able to look after anyone.</p> <p>Taking care of your own health and wellbeing is not selfish – it's vital.</p>	<p>Ngaire dishes up a plate of food and pours a drink in the kitchen, then brings them to Agnes.</p>

[Ways to look after your own health and wellbeing]

[Ngaire] I'm making sure I'm getting enough sleep and eating well.	Ngaire stands in her bedroom.
[Ngaire] When I can, I get a rest during the day while mum's napping.	Ngaire is propped up on pillows in bed, reading a book.
[Ngaire] Or I'll go for a quick walk.	Ngaire walks through a park.
[Ngaire] Even standing in the garden getting some sunlight and fresh air feels good.	Ngaire stands in the garden, while Agnes sits and enjoys a cup of tea on the patio.

[Help and support]

Audio	Visual
[Narrator] Feeling overwhelmed is normal when you're a caregiver.	Ngaire sits on the couch in the lounge, looking a bit tired or distressed. The cat sleeps nearby.
[Ngaire] Probably the most important thing for me is looking after my mental wellbeing.	Ngaire video chats with a friend.
<p>[Narrator]</p> <ul style="list-style-type: none"> • Stay connected with friends and wider whānau. • Seek support. • If someone offers a hand, say 'yes'. • Be honest about how you're feeling and coping. • Take a break from COVID updates. • Make sure you take some mini-breaks. • Above all, be kind to yourself. You're doing a great job! 	<p>On a white background, we see a blue title: Taking care of yourself</p> <p>Tips appear one at a time below that heading:</p> <ul style="list-style-type: none"> • Stay connected • Seek support • Accept help • Be open about how you're feeling • Take breaks from COVID news • Take mini-breaks • Be kind to yourself

Audio	Visual
	<p>As each tip appears, a green tick mark appears next to it.</p>
<p>[Narrator] If you feel you're not coping, help and support is available.</p>	<p>A blue screen with a whiteboard appears. The board is titled Helplines.</p> <p>The helplines are listed below the heading:</p> <ul style="list-style-type: none"> • Healthline 0800 611 116 • Call or text 1737
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none"> • Health Navigator New Zealand logo • Hn.org.nz • Te Whatu Ora Health New Zealand logo • Benchmedia logo