



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: Coping with anxiety

[Introduction]

Audio	Visual
[Background music plays throughout the video]	
<p>[Narrator] It's normal to feel anxious in times of change. COVID has made it all seem a bit harder.</p> <p>Feeling stressed every day can take its toll on your health and wellbeing.</p> <p>[Nga] I don't feel happy at the moment (sighs).</p>	<p>On a white background, a title is displayed: COVID-19: Coping with anxiety</p> <p>Flatmates Lily, Ben and Nga are at home. Lily and Ben are watching television, while Nga sits at a small dining table and works on a laptop.</p>

[Things you can do to feel better]

Audio	Visual
<p>[Narrator] There are things you can do to help you feel better, like eating well or sharing kai.</p> <p>[Lily] Who wants dinner? I'm cooking.</p> <p>[Ben] Sure.</p> <p>[Lily] Wanna come for a walk first?</p>	<p>Lily turns off the television.</p> <p>In the kitchen, she chops vegetables for a meal. Ben walks into the kitchen.</p> <p>Lily stops chopping to chat with Ben.</p>
<p>[Narrator] Get some exercise. Even leaving the house can make you feel better.</p>	<p>Lily, Ben and Nga are outside. Lily and Nga are walking while Ben skates on a skateboard just ahead.</p>
<p>[Narrator] Keep your mind active.</p> <p>[Nga] Checkmate.</p>	<p>Lily and Nga are at home playing chess.</p>
<p>[Narrator] Make time for hobbies.</p>	<p>Lily is in her bedroom, doing yoga.</p>
<p>[Narrator] Get enough sleep.</p>	<p>Ben goes to sleep in his bedroom.</p>
<p>[Narrator] Stay connected with whānau and friends and do things for others.</p>	<p>Nga's mum Ngaire and grandmother Agnes are together in the garden. Ngaire stands next to Agnes, who sits in a wheelchair.</p> <p>Nga mows the lawn for them.</p>
<p>[Narrator] Setting a routine and sticking to it can also help with anxiety.</p>	<p>Lily's alarm clock beeps at 7am, and Lily wakes up, sitting up and stretching in bed.</p>
<p>[Lily] I start my day with calm breathing. And use an anxiety app as well.</p>	<p>Lily sits cross-legged on a yoga mat in her bedroom.</p> <p>We see her phone screen, which is open to the Health Navigator web page that talks about anxiety apps.</p>

Audio	Visual
<p>[Narrator] Practice talking kindly to yourself - and keep it up.</p> <p>Keep telling yourself how well you've coped in the past. You're more resilient than you think.</p>	<p>All three flatmates sit around the kitchen table, playing cards. Lily holds out a winning hand of cards.</p>

[Helplines]

Audio	Visual
<p>[Narrator] But 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