



WELLBEING TIPS FOR HEALTHCARE WORKERS

**MAURI TŪ, MAURI ORA, KIA MAURI TAU
BE PREPARED, BE WELL, BE CALM**

Here are some wellbeing tips for managers leading teams through the COVID-19 pandemic:



ACKNOWLEDGE IT'S HARD

Let your staff know they're doing a great job in difficult, uncertain circumstances. Remind your team of the strengths they already have. Let them know their wellbeing is important and they will be supported through this. Providing reassurance and affirmation to staff as often as possible will help to alleviate stress and combat fatigue.



HOLD REGULAR TEAM CHECK-INS

It's important to check in with the people you manage regularly and have open, honest communication. Have a hui/meeting at the start of the day/shift and let everyone know the action plan. Allow space and time for questions. It's ok if you do not know, explain you will find the answer and report back. Hold a staff debriefing hui for issues, focusing on reflective learning and enhancing practice.



SET UP A BUDDY SYSTEM

Identify people within your team who can take on a pastoral care role. Create a buddy system and encourage people to kōrero/talk to each other about any worries they may have in a safe, informal environment. Ensure people know they can contact helplines like 1737 to speak with a trained counsellor at anytime.



MAKE STAFF WELLBEING A PRIORITY

Role model wellbeing as much as you can by taking regular breaks and doing things to relax and re-centre during your work day. What wellbeing initiatives can you introduce? Start a gratitude wall or introduce a steps challenge. Providing opportunities for people to actively boost their wellbeing will have huge benefits to staff morale.



Here are some wellbeing tips to help you and your hoamahi/colleagues get through:



ACKNOWLEDGE WORRIES YOU AND YOUR WHĀNAU MAY HAVE

Working on the frontline during a pandemic is stressful. You may have worries about how you and your whānau will protect yourselves. If you do, talk together about the plans and systems your workplace has to keep you safe. Make your own plans within your whānau too. Take time to notice what's worrying you and set time aside to think about what you can and can't control. Be kind to yourself, it's normal to feel concerned at a time like this.



TAKE NOTICE OF THE THINGS THAT UPLIFT YOU

Whether it's listening to a podcast on your way to work, having a coffee break in the autumn sunshine, watching your favourite comedian on YouTube, or video-calling your mokopuna/grandchildren after your shift – find the things in your daily routine that bring a smile to your face, and try and do them more often.



MOVE AND NOURISH YOUR TINANA/BODY

To help you through this stressful time it's important to find simple ways to stay active. It could be taking a brisk walk around your neighbourhood (count how many teddy bears you see in windows!), or doing an online yoga class to unwind after a busy day. Use kai/food to fuel you – eat often and focus on having fresh, nutritious meals. Stay hydrated throughout the day.



STAY CONNECTED TO YOUR FRIENDS AND WHĀNAU

Check in with the people you care about via text, Facebook messenger, Zoom or Skype. Having regular contact with people outside your workplace can help to take your mind off your day-to-day stresses. You might like to try playing an online game, or watching Netflix together – think of the things you enjoy doing when you are together and figure out creative ways to keep doing them while you're apart.



CONNECT TO THE WHENUA/LAND

When you have some downtime, take time to be in nature – it's guaranteed to give your wellbeing a boost! Head into your backyard at dawn, listen to the manu/birds as you recite a karakia. Can you spot any harakeke/flax, pūriri, tōtara, rengarenga/native lily? Think about how you can bring nature into your workplace too – an indoor plant, or even a screensaver of your local maunga/mountain.



TAKE TIME TO BREATHE

If things feel overwhelming at work, stop what you are doing and take some mindful breaths in and out, calming your body and mind, then rest where you are noticing everything that is going on around you. This practice incorporates four key aspects of mindfulness training: Stopping – Calming – Resting – Noticing. Together, these four steps are very healing.



ASK FOR TAUTOKO/SUPPORT

You're giving so much. Remember you can ask for support too. Create a plan with your whānau, to keep your mirumiru/bubble clean and safe. Reach out and ask your loved ones for help. Whether it's doing the grocery shopping, making dinner or keeping the house tidy while you're out working – anything that makes life a little easier for you will go a long way toward boosting your wellbeing.



UNPLUG AND UNWIND

Hearing about COVID-19 continuously can feel overwhelming, especially when you're working through it. Take a break from the news when you need to and create your own wind-down routine. Run a bath, recite a karakia before you leave work, or enter your whare/home to help ground yourself, or try a mindfulness meditation before bed.

**GETTING
THROUGH
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

 **Mental Health Foundation**
mauri tū, mauri era OF NEW ZEALAND