

# #Protect Our Whakapapa



## Looking after yourself

This is a stressful time for everyone so **we all need to take care of whānau** health, tinana (physical health), hinengaro (mental health) and wairua (spiritual health).

- Eat healthy kai.
- Get plenty of sleep.
- Drink lots of clean water.
- Get plenty of fresh air and Vitamin D from the sun.
- Go for walks close to home (but keep away from other people who are not staying in your whare with you).



## Keep moving

**There are lots of different free workouts online**, which you could do indoors or on the lawn outside your whare.

**If you have a friend/whānau member** who is a personal trainer, ask them for a workout routine that suits your level of fitness.

**Connect with Papatuanuku** — get out in nature, in your garden or neighbourhood, walk, sit under a tree, enjoy the rays of Tamanuiterā.



## Get things done

**Use this time** to do things you wouldn't normally have time for.

- Prepare your maara kai.
- Research your whakapapa.
- Make rongoa.
- Study a subject of interest.
- Learn an instrument.
- Practice your karakia, waiata, or take this time to strengthen your reo.

## Personal Wellbeing

Tips on how to maintain your personal wellbeing



## Don't get caught up in the hype

**Being isolated** for a long period can affect our thinking and emotions.

**Limit your news intake** — and focus on positive stories and people helping and connecting with each other.

## If you have to go outside your whare

**If you go to the supermarket**, plan your trip wisely. Make a list of everything you need to minimise your trips and contact with people.

**Keep a wide buffer** from other people and stay away from anyone who is coughing or sneezing.

**Disinfect surfaces** you come into contact with including the steering wheel, wallet, phone, car keys. Most importantly, wash your hands regularly.



## Stay positive and avoid worry

**Walk, run or ride your bike** (but always stay 2 metres from others).

**Relax** and do things that make you happy.

**Stay connected** — Keep in touch with your whānau and friends through phone calls or social media.