

COVID-19 LOCKDOWN: CHANGING PERSPECTIVE

As the nationwide lockdown continues, many New Zealanders are feeling stressed and overwhelmed. These are difficult times, but there are many ways to cope. One way is to try changing your perspective.

Take time to notice and observe your thoughts. Try not to judge yourself for them - during this time of heightened anxiety, it is natural to worry about a range of different things.

Here are some common concerns, and an alternative way to think about the situation.

Myself or my loved ones will get the coronavirus	<ul style="list-style-type: none">• Our chances of getting the virus are reduced because we will stay at home, use physical distancing when out, and wash our hands.
My children/whanau are scared	<ul style="list-style-type: none">• I can reassure my tamariki and whanau by acknowledging the situation and encouraging them to talk about how they feel. I can remind them that it is normal to be scared, but as a country we have a plan to keep us safe.
I don't have the essential items I need	<ul style="list-style-type: none">• Essential stores will stay open, I can get anything I need from the supermarket or pharmacy when I need it, or I can contact my GP. I don't need to panic buy.
I'm stuck in my house	<ul style="list-style-type: none">• I get to be safe in my home. This increases my safety, and the safety of others. There are other ways to stay in contact with people I can't physically see right now, like online or in phone calls.
I'm thinking about the coronavirus all the time	<ul style="list-style-type: none">• I can limit my exposure to media and take time to engage with other things I enjoy, instead of just focusing on this issue.
I don't know what will happen in the future, I'm worried	<ul style="list-style-type: none">• I can control what I do, even if I can't control the situation. This means I can maintain a routine with good sleep, healthy eating and exercise. I can stay in touch with loved ones. I can do things that I know will help me relax.