

My Covid-19 Wellbeing Plan - Community



COVID 19 is affecting our lives in a rapidly changing way. It is normal that that we will all be feeling anxious and worried about what this will mean for our community and ourselves. MidCentral Health is committed to supporting the health and wellbeing of our people. We are providing this resource to support you and your family/whanau. If we take care of our own wellbeing, our family and our community, we will get through this together.

*“There is a lot of information out there and some of it is misleading.
Ensure you get your information from official sources like the Ministry of Health website
www.moh.govt.nz or www.covid19.govt.nz”*

What are the key things you need to stay well?

Think about the people who usually support you, access to and supply of your medications and medical supplies, how you will get your food, keep your cell phone topped up, and how you will keep in contact with your health providers or other services. Think about who can you contact if your physical or mental health needs change?

Professionals and agencies that support your health and wellbeing?

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Personal Emergency Contact _____ Phone: _____

Clinician/Health Provider Emergency Contact _____
Phone: _____

Ways that you can take care of yourself and your family.

Stay connected while physically distancing and isolating - keep in touch through telephone, face time, videoing – skype, online activities. Check in with your support people and neighbours regularly.

Be kind to yourself and others – people will show their anxiety and distress in different ways. It is important to show kindness in our relating to one another during this stressful time.

Ensure that you have accurate information from the Ministry of Health, Government, and Horizon’s Council.

Self-care is essential for you to be able to maintain your health and take care of your family/whanau. Ensure that you get plenty of rest, keep up healthy eating, and continue your daily activities where possible.

Continue with your current health plan unless advised to make changes by the health professional who developed your plan or another appropriate health provider.

Use stress management strategies such as mindfulness and relaxation techniques, talking to a friend or family member, and doing activities that will distract you from worrying.

Where possible keep active.

Keep a balance of activities and rest times and where possible maintain your usual daily routines and activities that are important to you.

It is not possible to take away all worry, focus on what is in your control and what you can do here and now.

Things I can do to look after myself and who can support me

This is a challenging time and it is normal to experience anxiety and worry.

Think about using your natural supports and ask for help early. Consider talking to your health provider or other community agencies if you have any concerns. Consider ways to keep in touch with family/whanau and friends. Check the information you are receiving comes from a reliable source. It can be helpful not to overload yourself with social media communication, so think about reducing the amount of time exposed to this.

There is online Covid 19 information and support about wellbeing from the following websites www.health.govt.nz www.covid19.govt.nz www.mentalhealth.org.nz www.depression.org.nz

What I can do if I feel stressed, overwhelmed, or worried

It’s okay to seek professional support if you need it.

You can do this by contacting your GP, other health provider or community based services. You can also free call or text **1737** for support with anxiety, distress or mental wellbeing and talk to a trained counsellor.

There will also be wellbeing and mental health resources made available to our communities.

We acknowledge that in the coming weeks you are likely to experience an increase in stress and anxiety regarding the affects of Covid 19 on you and your family/whanau. We encourage you to use the wellbeing strategies mentioned and to ask for help and support for whatever you need to stay well and take care of yourself and your family/whanau.

