



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 transcript: Keeping busy with crafts, music, games to help with anxiety

Audio	Visual
[Background music plays throughout the video]	
<p>[Erana] Kia ora. Ko Erana Thompson tōko ingoa Nō Te Puaha O Waikato ahau.</p> <p>I live here with my partner Alyssa and our baby Te Amo, who is almost three.</p> <p>I'm a stay home mum, so I stay home with baby, but my partner works.</p>	<p>Erana sits on a black sofa in front of a lounge window. She is wearing a black sweatshirt.</p> <p>Her partner Alyssa sits next to her, wearing a face mask, glasses and a blue and black patterned top.</p> <p>Alyssa, Erana and Te Amo sit outside at a table, smiling.</p> <p>The scene continues, with Erana and Alyssa on the sofa.</p>

Audio	Visual
<p>I've only just recently started suffering with panic attacks and anxiety straight when the first lockdown happened.</p> <p>I always felt like I was kind of alone. Like never knew anybody else who may have been, like going through the same thing, or is it like normal, is it not normal.</p> <p>But yeah, it was pretty scary and it took me a while to be able to control those or find things to help me that controlled those.</p>	<p>Erana stands outside in the sunshine.</p> <p>The scene continues, with Erana and Alyssa on the sofa.</p> <p>The camera zooms in to focus on Erana.</p> <p>The scene continues, with Erana and Alyssa on the sofa.</p> <p>The camera zooms in to focus on Erana.</p> <p>The scene continues, with Erana and Alyssa on the sofa.</p>
<p>And a lot of that my mum helped with to help me get through those.</p> <p>Like breathing techniques, little things like tapping to bring down my heart rate, and I kind of use things like weaving korowai and playing cards, karaoke, anything like that to distract my mind, for I don't know, it would last maybe 10 minutes, and then I'd be OK.</p>	<p>The camera zooms in to focus on Erana.</p> <p>Erana and her mum sit together on the sofa, weaving korowai.</p> <p>The scene continues, with Erana and Alyssa on the sofa.</p> <p>The camera zooms in to focus on the korowai Erana is weaving, and then zooms out to show Erana and her mum together on the sofa, working on the korowai.</p> <p>The scene continues, with Erana and Alyssa on the sofa.</p> <p>Erana, Alyssa and Te Amo are laughing and singing karaoke.</p> <p>The scene continues, with Erana and Alyssa on the sofa.</p>

Audio	Visual
<p>Recently Alyssa had COVID and when we first found out it was quite, quite a shock. Like we didn't know what to expect or how to react. We pretty much just panicked.</p> <p>She was in the kitchen and she was bawling her eyes out, and I was in here bawling my eyes out.</p>	<p>Erana makes a cup of tea in the kitchen. Alyssa brings the milk over and stands with Erana. They chat.</p> <p>The camera zooms in to focus on Erana, sitting on the sofa.</p> <p>The camera shifts to Alyssa, who pulls down her face mask.</p> <p>The camera shifts to Erana, sitting on the sofa.</p>
<p>[Alyssa] I panicked that our baby was going to get it, my partner, the kids that I work with, I didn't want to be, like, responsible for infecting other people.</p> <p>When I got my head around it and then let people know. So we let our baby's kōhanga know, I let my employers know.</p>	<p>The scene continues, with Alyssa and Erana on the sofa. Alyssa pulls down her face mask to speak.</p> <p>Alyssa and Erana sit at a table in the garden, watching Te Amo swing on a swing.</p> <p>The scene continues, with Alyssa and Erana on the sofa.</p> <p>Alyssa picks up Te Amo, while they are outside in the garden.</p>
<p>[Alyssa] So the Kōhanga reo got in touch with Papakura Marae, put our name forward and those services were ringing me all week, which was really awesome.</p> <p>[Erana] And we got deliveries the very first day, which was great.</p>	<p>The camera shifts to Erana, sitting with Alyssa in the garden.</p> <p>The scene continues, with Alyssa sitting on the sofa.</p> <p>The scene continues, showing Alyssa and Erana on the sofa.</p>
<p>[Alyssa] My doctors' was awesome. Our doctors' surgery has a dedicated COVID nurse, and she rang me every day. All my medication was sent to me as well.</p>	<p>Alyssa and Erana sit at a table in the garden, and Te Amo stands with them.</p> <p>The scene continues, with Alyssa and Erana on the sofa.</p> <p>The camera zooms in on Alyssa.</p>

Audio	Visual
<p>[Erana] It has given us a lot of strength.</p> <p>It has definitely helped not being in lockdown anymore, because then you kind of feel like a sense of normality. I can go out and not be so scared.</p>	<p>Te Amo smiles and giggles. She is outside in the garden, petting the family dog.</p> <p>Alyssa, Erana and Te Amo sit at a table in the garden, smiling and laughing.</p> <p>The scene continues, with Erana on the sofa.</p>
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none"> • Te Whatu Ora Health New Zealand logo • Health Navigator New Zealand logo