



Health Navigator New Zealand website

Video animation transcript: COVID-19: Ke nafatia te nofo popole (COVID-19: Coping with anxiety)

0:00

Ko he lagona māhāni te nofo popole i nā taimi ō ni hūiga.

0:02

Na fakafaigatā lahi foki e te COVID.

0 :05

Nofo popole i aho uma e mafai ke āfaina ai tō ola mālōlō lelei.

0:09

Ko au e hē fiafia i te taimi nei (manava lahi ki fafo).

0:12

E i ei nā mea e māfai ke fai e koe ke fehoahoani atu ke fakalelei ai ō lagona, fakatakitakiga, kai ki ni meakai lelei pe kakai fakatahi ma he tino pe ko ni tino.

0:17

Ko ai te kua fia fai tona ōmoe? Ko au te kuka.

0:20

Io kua lelei.

0:21

E fia olo ki tāua oi havavali muamua.

0:23

Fai ni au kolēni. E venā foki kāfai koe e fano kehe mai tō fale, e kē lagona lele te hūiga lelei ki ō fakalogoga.

0:27

Fakatūmau te gālua a tō mafaufau.

0:29

Fakamālō.

0:30

Fakaāvanoa hō taimi ke tāfao ai koe.

0:32

Ke lava tau moe.

0:33

Fehokotaki tūmau ma ō kāiga ma au uō mā fai ni mea lelei ki iētahi tino.

0:37

Heti hau peleni tūmau ma fakamakeke ki ei, e mafai foki ke fehoahoani ki nā mea e popole ai.

0:41

E kamata toku aho i ni aku mānavanava mālie.

0:44

Mā fakaaogā foki he polokalame fakapitoa ki te popole o te māfaufau – anxiety app.

0:45

Fakatakitaki oi talanoa lelei ki a te koe lava – ma fakamākeke ke fai tūmau.

0:49

Talanoa pea ki ā te koe lava, ki te lelei o tau tatali ki nā tulaga nae i ei ai koe, i te taimi kua teka.

0:52

E hē kē iloa ko koe e mākeke lele tō loto.

0:54

Kae kāfai e hē kē nafatia, e i ei te fehoahoani ma te hapoti e āvanoa.