



## Health Navigator New Zealand website

### Video animation transcript:

#### COVID-19: Fahia ke he loto tupetupe

#### (COVID-19: Coping with anxiety)

00:00

Ko e mena fa mahani tuai ni ke logona e tupetupe he tau magaaho ka fai hikihikiaga.

00:02

Kua tuga kua ukaatu ha ko e COVID.

00:05

Ka logona e tupetupe ke he tau aho oti to maeke ke lauia kelea e haau a malolo tino mo e tau levekiaga.

00:09

Nakai logona e au e fiafia ke he magaaho nei (fafagu lahi)

00:12

Ha i ai e tau mena ne maeke ia koe ke taute ke logona kua malolo mai, tuga e kai mitaki poke kai fakafeheleaki e tau kai.

00:17

Ko hai ne fia kai afiafi? Ko au ka tunu e kai.

00:20

E.

00:21

Fia hau nakai a koe ke o evaeva hui fakamua?

00:23

Moua e taha faofao tino. Ka fano kehe foki ni a koe mai he fale to logona e koe e mitaki mai.

00:27

Fakagahuahua tumau e haau a tau manamanatuaga.

00:29

Fakaoti mo e mua (Checkmate).

00:30

Fakaata taha magaaho ke taute tau mena ne fiafia ki ai.

00:32

Moua e taha mohe ke katoatoa.

00:33

Matutaki mau mo e tau magafaoa mo e tau kapitiga mo e taute e falu mena mae falu.

00:37

Ka fakatokatoka e taha fakaholoaga ti muiua mau ki ai to maeke foki he mena nei ke lagomatai aki e tau loto tupetupe.

00:41

Kamata haaku a aho aki e tau fafagu milino.

00:44

Mo e fakaaoga foki e taha lagomatai ke lata mae tau loto tupetupe mai he kupega hila.

00:45

Fakamahani ke tutala fakatotonu a koe ni kia koe - mo e fakatumau ke taute pihia.

00:49

Fakatumau ke vagahau ni a koe kia koe ke fakamanatu ko e mena fahia a koe he tau magaaho kua mole.

00:52

Ko e na malolo mai a koe nakai tuga mo e haau a manatu.

00:54

Ka e, kaeke ke logona e koe kua nakai fahia, fai lagomatai mo e levekiaga ne maeke ia koe ke moua.