

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 animation transcript: COVID-19: Why does this feel so hard?

[Introduction]

Audio	Visual
[Background music plays throughout the video]	
<p>[Narrator] Living through a pandemic is really hard and it's normal to feel stressed and anxious.</p> <p>Your life might have changed in many ways even if you or your whānau haven't had COVID.</p>	<p>Pania, a teen girl, sits in her bedroom. On top of this image, a white oval shaped area appears and displays a title in black text – COVID-19: Why does this feel so hard?</p> <p>The title and oval fade away and we see Pania again, in her bedroom.</p>
<p>[Narrator] You might be juggling work and having the kids at home.</p>	<p>Mum and Dad sit at a table in the lounge, using laptops to work from home.</p> <p>Also in the lounge, the youngest son dribbles a basketball, the daughter plays a drum, and the oldest son sits on the couch playing a video game.</p>
<p>[Narrator] Finding it hard to keep the fridge full, let alone your wallet.</p>	<p>Ngaire, a middle aged woman, opens a fridge and looks inside. There's not much there – tomato sauce, a few</p>

Audio	Visual
	eggs, a wilted-looking capsicum, and a soda.
[Narrator] Trying to find a place to live, or worried about losing your job.	Leah, a young mum, looks unhappy as she pushes a pram past a home that's for rent. There's a sign in the garden that reads: For Rent - \$1,000 p/w.
[Narrator] Even getting back into the swing of things can feel scary.	Wearing a face mask, Leah and her baby (in the pram) stand at a bus stop with two men who aren't wearing face masks. One of the men sneezes loudly. The bus arrives and stops.
[Narrator] You might be struggling with your mental wellbeing and generally feeling anxious.	A teen boy named Matrix sits on the sofa in the lounge, looking glum.

[Ways to boost your mental wellbeing]

Audio	Visual
[Narrator] But there are things that can help.	On a yellow background, a blue speech bubble appears, with text inside: WAYS TO BOOST YOUR MENTAL WELLBEING
[Ngaire] I'm snuggled in with my favourite series.	Ngaire sits in the lounge with a TV remote in her hand. Her cat is curled on her lap. There's a bag of popcorn on a side table.
[Bill] When we had COVID we kept in touch online and now we're back to dinners with the whānau.	Bill, an older man, sits at a dining table, enjoying a meal with his whole whānau – Leah, the baby, Ngaire, Ngaire's husband Aleki, and Agnes (Bill's wife), who uses a wheelchair.

Audio	Visual
[Dietitian] Exercise and nature, that's me! I love going for bush walks.	The dietitian, a young to middle aged woman, walks through the bush.
[Koro] I've cut back my drinking and coffee and I'm sleeping heaps better!	Koro, a middle aged man, wears a dressing gown and sits on the bed in his bedroom.
[Pania] I started journaling – it's nice to get my thoughts down on paper.	Pania sits on the bed in her bedroom, writing in a journal.

[Help and support]

Audio	Visual
<p>[Narrator] Anxiety and stress are normal emotions in uncertain times.</p> <p>But if you feel you're not coping phone Healthline on 0800 611 116 or free call or text 1737.</p>	<p>A blue screen with a whiteboard appears. The board is titled Helplines.</p> <p>The helplines are listed below the heading:</p> <ul style="list-style-type: none"> • Healthline 0800 611 116 • Call or text 1737
[Background music]	<p>Credits are shown:</p> <ul style="list-style-type: none"> • Health Navigator New Zealand logo • Hn.org.nz • Te Whatu Ora Health New Zealand logo • Benchmedia logo