

KIA NOHO HAUMARU - KŌRERO MŌ TE NOHO TARATAHI

STAY SAFE – KŌRERO FOR SELF-ISOLATION

Your overall wellbeing is important while self-isolating at home with COVID-19. With many parts of your daily life changed, it is common to feel your wellbeing isn't what it usually is. Here are some simple things you can do at home to help your mind and body feel better.



MOVE YOUR BODY

Being physically active each day (as you can manage) can help your body recover more quickly, and is also great for managing stress.



EAT WELL - KAI

Some foods will help your body to recover more quickly, keep it simple and stay hydrated.



PRIORITISE SLEEP - MOE

Focus on 7-9 hours of quality sleep each night to help aid recovery, have a good sleep routine.



CALMING ACTIVITIES

Focus on activities you enjoy doing and that will help you relax.



KEEP TO ROUTINES

Routines help both physical and mental wellbeing by giving our days some structure, and help us return to normal life after isolating.



FIND WAYS TO STAY CONNECTED

Connecting with others is important for your wellbeing and we can support each other to get through this.

