



'Live Up' COVID Community Resources Summary (27/5/2020)

In response to COVID-19 the 'Live Up' COVID COMMUNITY was set up to support our communities with practical wellbeing resources/strategies/tools that can be used for these extraordinary circumstances of social distancing, community lockdown and quarantine. This resource has been made from contributions from many people who have shared ideas, resources and strategies.

"From the Community for the Community".

Instructions. To use the resource just go to the ' ['Live Up' COVID community](#) on the www.liveuptoyou.org website. These resources are based around the 'Mental Health Foundation's 5 Ways to wellbeing. Use the Acronym **CLANG** as an easy way to remember: **C**onnect, **L**earn, **B**e Active, **T**ake Notice and **G**ive.

Connect Strategies (Me Whakawhanaunga)

- [Link to Mental Health Foundation](#)
- [Connect Page](#)
- [Are you suffering from Virtual Fatigue](#) by Sue Hope
- [THINK before you speak or post](#)
- [Spending all your time with your 'Nearest and Dearest'](#) by Russell Grieve
- [Social Distancing or Physical Distancing](#) by George Robinson
- [Jack Buchanan's 'Family Lockdown Boogie'](#)
- [Virtual Meetings 'How to'](#) by Sue Hope
- [#HomeTasking](#) by Kathryn Stringer
- [Walking Newsfeed](#) by Megan White
- [Strength Spotting](#)
- [Connect with Jayne's Quiz Master](#) by Jayne Ngariki

Keep Learning Strategies (Me Ako Tonu)

- [Link to Mental Health Foundation Keep Learning Page](#)
- [You-tubeStories from Ruth Paul \(NZ illustrator and children book writer\)](#)
- [Learn by Noticing and Connecting](#) by Ken Frame
- [Learn Something New](#) by Sarah Chia



- [Try a 'Super Brain Challenge'](#) with Jim Kwik

Be Active Strategies (Me Kori Tonu)

- [Link to Mental Health Foundation Be Active Page](#)
- [Les Mills Free workouts](#) on Demand TVNZ
- [Jump Jam Quarantine](#) Workouts for Kids
- ['Going out for Dinner at Home'](#) by Gail Ives and Grace Goodall
- [Yoga](#) from Shannon Townsend
- [One Foot in Front of the Other](#) by Amanda Hardy

Take Notice Strategies (Me Aro Tonu)

- [Appreciate Culture with Family, Food, Fitness and Fun](#) by Joseph Houghton
- [Peak and Pit](#)
- An ['Attitude of Gratitude'](#)
- Emotional Regulation ['Name it to Tame it'](#)
- [Savouring and Mindful Eating](#) by Kelly Shadbolt
- [Finding the 'Awe' in 'Awful'](#)
- [Mindfulness and Meditation](#)
- [Environmental Wellbeing](#) by Simone Greenwood
- [My Lockdown Diary](#) from Stephen McCarthy sourced by Genevieve Leech
- [Listen](#) by Sophia Bidwell
- [Making Memories](#) by Belinda Leen
- [Rose, Thorn and Bud](#) - A Mindful Way to Reflect by Steffi Post
- [Keep Calm and Breathe](#) by Nourish

Give Strategies (Tukua)

- [Link to Mental Health Foundations](#) Give Page
- [Kindness and COVID](#)
- [HumanKINDness Ripple Effect](#) Challenge
- [The Rabbit Effect](#)
- ['Gloriumptious' Giving](#) by Tiffany Crouch

Routines and Resilience Strategies

- [What Do We Need Right Now](#) by Debbie Jones
- [Coping Calendar](#)
- [April Planner](#)
- [May Calendar](#)



- [Weekly Planner](#)
- [Daily Routine](#) with 5 ways to wellbeing checklist
- [Real Time Resilience Resource](#) from NZIWR

Reflections

- [The 'Architect of Our Own Happiness'](#) by Carolyn Leeson
- [Rāhui Reflection](#) by Emma Lumb
- [We get to Reset](#)
- [Transition Thoughts for Teachers](#) from Debbie Jones
- [Reconnecting with Your Why](#) by Peter Beswick

Links to Useful References and Websites

- [Greater Good Guide to Wellbeing During Corona Virus](#)
- New Zealand Institute of Wellbeing and Resilience [Real-Time Resilience: Coping During Covid - 19](#)
- [Mental Health Foundations - Looking after your health COVID-19](#)
- [Sparklers website](#)
- [Your E-Wellbeing School NZ](#) from Ara Simmons (facilitator, positive psychology practitioner, coach) Core Education
- [FACE COVID pdf](#) How to respond effectively to the Corona Virus by Dr Russ Harris author of The Happiness Trap
- [Allright](#) website
- Coping with COVID-19 [Depression.org](#) website
- Black Dog Institute: [Corona resources for anxiety, stress and wellbeing.](#)

Contributors:

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- Ara Simmons
- Debbie Jones
- Joseph Houghton
- Carolyn Leeson
- Emma Lumb
- Peter Beswick

Above is a list of the resources that are on www.liveuptoyou.org under the '[Live Up' COVID community](#) Page. The resources are based around the application of '5 ways to wellbeing' in an at home situation. This is a growing online resource to support teachers, health educators and the community to provide pastoral care from a distance (over 50 resources). To date (18/5/2020) we have 29 people/groups who have contributed time, ideas, strategies and links to this page. Thank you to all the amazing contributor's so far and if you have a great idea or a resource we welcome your contributions.

Email: megan@liveuptoyou.org for a contributor's template.

There are also the [Wellbeing Challenges](#) and the [Project 2020](#) resources you are welcome to use on the website.

Hopefully you will find these resources useful. Please feel to share these resources and use the website as we are a TEAM = **T**ogether **E**veryone **A**chieves **M**ore

Thanks Megan Martin

"Nā tōu rourou, nā tōkū rourou, ka ora ai te iwi"

With your contribution, and with my contribution, the people will survive and grow.