

# COVID-19

## Helping our Frontline Workforces deal with Stress

- Feeling stressed will be a normal feeling and response in the current situation with COVID 19
- Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak, even if you feel that way.
- In fact, stress can be useful, and many will thrive on the adrenalin in the moment of an emergency response.
- Right now, the feeling of stress may be keeping you going at your job and providing a sense of purpose.
- What will be important is to understand when the stress is prolonged and starting to impact your wellbeing and how you are acting toward others.
- You may notice changes in how you are working, your mood may change such as increased irritability, feeling low or more anxious, you may feel chronically exhausted or it may feel harder to relax during respite periods, or you may have unexplained physical complaints such as body pain or stomach aches.
- Chronic stress can affect your mental wellbeing and your work and can affect you even after the situation improves. If the stress becomes overwhelming, please approach your manager or the appropriate person in your workplace to ensure you are provided with appropriate support.
- Managing your stress and overall wellbeing during this time will be as important as the work you are doing!.
- Recognise you are Human! Though Wonderful! If your stress worsens, and you feel overwhelmed you are not to blame. Everyone experiences stress and copes with it differently.

### There are some good resources available on line:

- Stress At Work Website: <https://www.healthnavigator.org.nz/health-a-z/s/stress-at-work/>
- Mental Health Foundation Website for a Wellbeing Plan Template to create your own Wellbeing Plan <https://mhaw.nz/compsactivities/wellbeing-plan/>

### Here are some Hauora strategies you may employ:

- Rest and respite during work or between shifts
- Having Kai that is sufficient and healthy
- Engaging in physical activity, meditation, taichi
- Staying in contact (phone, facebook or virtually) with whānau and friends
- Avoiding vices such as tobacco, alcohol or drugs
- Talking to your colleagues, manager and trusted people in your life for support
- Remember colleagues working in the same situation as you will understand
- Using the strategies that you have used in the past to manage times of stress will benefit you now.

### Mauri Ora



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