

Resources for Early Childhood Staff Wellbeing during COVID-19

Mental Health Foundation



- a. **COVID-19 Workplaces Resource:** An excellent and comprehensive resource for workplaces.
[mentalhealth.org.nz/resources/resource/covid-19-workplace-resource](https://www.mentalhealth.org.nz/resources/resource/covid-19-workplace-resource)
- b. **10 Top Tips to Get Through**
[mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through/](https://www.mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through/) or
[mentalhealth.org.nz/resources/resource/getting-through-together-wellbeing-tips](https://www.mentalhealth.org.nz/resources/resource/getting-through-together-wellbeing-tips)

All Right? Campaign: Getting Through Together

This campaign is supporting New Zealanders to get through COVID-19 times
www.allright.org.nz/campaigns/getting-through-together

Subscribe to this newsletter: <https://allright.us5.list-manage.com/subscribe?u=9e99e8fd26a1d68b3f1a4748b&id=313d98bb88>



Follow All Right? on social media:

- Facebook: www.facebook.com/allrightnz/
- Instagram: www.instagram.com/allrightnz/?hl=en

Not All Right? www.allright.org.nz/articles/not-all-right

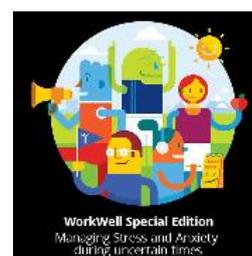
Wellbeing tips for healthcare workers: Useful also for early childhood Kaiako
www.allright.org.nz/uploads/files/GTT-Wellbeing-tips-for-healthcare-workers.pdf

The following might also help...

- a. **Mentemia** is an app developed by Sir John Kirwan for workplaces to monitor, manage and improve mental health. Helps you to set goals and track your progress.
www.mentemia.com/nz/covid-19
- b. **Melon** is an app to connect with and support other New Zealanders online – to uplift your emotional wellbeing. Includes daily webinars, a health journal, podcasts, videos and wellbeing tools.
www.melonhealth.com/covid-19
- c. **Staying on Track** is a guide to support your wellbeing during COVID-19 and beyond. Free online course with easy-to-use, practical strategies to cope with the ongoing stress and disruption of day-to-day life from the impact of COVID-19.
www.justathought.co.nz/covid19

Work Well

This podcast focuses on managing stress and anxiety during uncertain times.
www2.deloitte.com/us/en/pages/about-deloitte/articles/workwell-covid19-podcast-managing-stress-anxiety.html



Canterbury
District Health Board
Te Poari Hauora o Waitaha

NZ Red Cross

- a. **Psychological First Aid (PFA) webinars** during COVID-19 to identify and minimise stressors to maintain wellbeing and provide PFA. A four-part podcast - around 60 minutes total.
www.redcross.org.nz/first-aid/free-course-pfa-during-covid-19/
- b. **Psychological First Aid for COVID-19 in Aotearoa NZ booklet**
www.redcross.org.nz/documents/428/PFA_during_COVID-19.pdf



Greater Good

A useful article on dealing with uncertainty.

https://greatergood.berkeley.edu/article/item/seven_ways_to_cope_with_uncertainty

Mental Health Education Resource Centre

They provide on-site education and workplace wellbeing workshops.

<https://mherc.org.nz/images/PDFs/Workplace-Education-Wellbeing-List-July2020.pdf>



Government Information on COVID-19

- a. **Ministry of Health:** Advice on taking care of your mental wellbeing.
www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-general-public/covid-19-mental-health-and-wellbeing-resources
- b. **Te Puni Kōkiri:** COVID-19 information for Māori whānau and businesses.
www.tpk.govt.nz/en/whakamahia/covid-19-information-for-maori
- c. **Ministry for Pacific Peoples:** COVID-19 information in Pacific languages.
www.mpp.govt.nz/what-we-do/covid-19/

