

## Te Whare Tapa Wha



**Taha Hinengaro**  
Mental and  
emotional health



**Taha Tinana**  
Physical wellbeing



**Taha Wairua**  
Spirituality and  
sense of self



**Taha Whānau**  
Family and  
community

### **A Te Whare Tapa Wha guide in Response to Covid-19**



**Taha Tinana**  
Physical wellbeing

*Maintaining a wellness of our physical bodies is just as important of all of the 4 aspects of Te Whare Tapa Wha. During this time we need to ensure we look after our tinana so that we can continue to look after others such as our whanau in your bubble.*

You also need to:

- stay at home
- avoid close or prolonged contact with people you live with
- stop having visitors to your home, and
- stay off public transport.

Contact Work and Income New Zealand should your employment or financial situation change and you need assistance <https://workandincome.govt.nz/products/a-z-benefits/covid-19-support.html>

For further support information regarding the Frozen Rent Rises and evictions over this period visit this website <https://www.hud.govt.nz/residential-housing/covid-19-rent-freeze-and-tenancy-terminations/>

The Prime Minister wants to know of any landlords who are not complying or threatening tenants.

<https://covid19.govt.nz/>

As long as you are not unwell, you can leave your house to:

- access essential services, like buying groceries, or going to a bank or pharmacy
- go to work if you work for an essential service

- go for a walk, or exercise and enjoy nature and listen to the manu
- Meditation, listening to your favourite music
- There are online workouts such as yoga and Les Mills has a free workout program on TVNZ Channel One Monday to Friday 9am.
- Workouts designed for young children and teenagers will air at 3pm on TVNZ Channel Two.

If you do leave your house, you must keep a 2 metre distance from other people at all times. Police may be monitoring people and asking questions of people who are out and about during the Alert Level 4 lockdown to check what they are doing.

### **Advice for unwell people**

If you have COVID-19 it's critical you self-isolate, which means stay at home and recover, further information on self-isolation is at <https://covid19.govt.nz/>

### **If you become unwell while staying at home**

If you develop symptoms of COVID-19 like a cough, fever, shortness of breath, sneezing or a runny nose, you should call your doctor.

If you do not have a regular doctor, you can call Healthline for free on 0800 358 5453.

If you are in need of urgent assistance, contact emergency services on 111.



**Taha Whānau**  
Family and  
community

***It's really important that we acknowledge that maintaining connection to our friends and family is crucial during this time. Due to restrictions currently; below is important information and tips to ensure you and your family are kept safe and that the links are maintained.***

- If you are a vulnerable or high risk person, please stay at home and ask friends or family and whānau to drop off anything you need, or you can order supplies online.
- Make sure any deliveries are left outside your home for you to collect. Many New Zealand companies are now offering a 'contactless' delivery option, where they notify you when they have delivered your order, but remain nearby to ensure you receive it.
- You can keep in touch with friends, family and whānau over the phone, or through other means of contact like video or chat services, messenger, zoom, skype etc.
- Physical exercise is good for your wellbeing. Look for online classes or courses to help you take light exercise in your home.

- If you have a garden, it is a good idea to do gardening, as you aren't in close contact with other members of your household.

If no one in your family has COVID-19, nor has had close contact with anyone with COVID-19, emphasise to your children that they – and your family – are fine.

Evidence shows children are less susceptible to COVID-19. Parents and caregivers should follow standard guidelines to prevent the virus spreading by:

- covering coughs and sneezes with disposable tissues or elbow
- washing hands for at least 20 seconds with water and soap and drying them thoroughly:
  - before eating or handling food
  - after using the toilet
  - after coughing, sneezing or blowing your nose
  - after caring for sick people.

Let your children talk about their feelings, and help reframe their concerns into the appropriate perspective.

You know your children best. If they have a lot of questions, consider how much extra information would or wouldn't be helpful for them to know before replying.

If you're worried that a child or young person you know is not safe or being cared for, or you know a child who has been separated from their parents or caregivers, you can phone Oranga Tamariki on 0508 326 459 (24 hours a day, 7 days a week) or email [contact@ot.govt.nz](mailto:contact@ot.govt.nz)



**Taha Hinengaro**  
Mental and  
emotional health

*Your emotional and mental wellbeing is important. It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better.*

*Even if you are not sick you may be feeling anxious about COVID-19. This is normal.*

### **Managing your mental wellbeing**

Reach out to your usual supports over the phone – family and whānau, friends and workmates. Sharing how we feel and offering support to others is important.

We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising. Getting up and dressing, brushing your teeth, although little it does help you feel like you have at least achieved these simple tasks.

If you feel you are not coping, it is important to talk with a health professional. For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

Tell yourself that how you are feeling is a normal reaction and will pass – it's nothing to be afraid of.

We're all in this together, and while we might not be able to be physically in touch right now, it's important to stay connected in other ways. New Zealand is known for its manaakitanga and now more than ever we need to remember the power of kindness and uniting together.

If you're not sure what assistance may be available, or you don't know who to contact for help, phone the Government Helpline on **0800 779 997** (8am–1am, 7 days a week).

### **Stay connected**

This is important for our wellbeing and helps to make us feel safer, less stressed and less anxious. We can support each other to get through this. While we are limiting social contact to contain the spread of COVID-19, there are still lots of ways we can connect.

### **Acknowledge your feelings**

It's completely normal to feel overwhelmed, stressed, anxious, worried or scared in the current situation. Allow yourself time to notice and express what you're feeling. This could be by writing thoughts and feelings down in a journal, talking to others, doing something creative or practising meditation. Talk with people you trust about your concerns and how you're feeling. Reach out to others.

### **Stick to routines where possible**

Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, have regular e-meetings with colleagues or virtual coffee dates with friends and do your chores. Meditating and exercising can help you to relax and have a positive impact on your thoughts. Try not to increase unhealthy habits like comfort eating, drinking, smoking or vaping.

### **Check-in on other people who might need help**

Reaching out to those who may be feeling alone or concerned can benefit both you and the person receiving support.

### **Seek accurate information from legitimate sources**

You may find it useful to limit your media intake. Get the facts from this website to help distinguish facts from rumours. Seek information updates at specific times once or twice a day.

### **Don't be afraid to seek further professional support**

For support with anxiety, distress or mental wellbeing, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

### **Continue existing mental health treatment if possible**

Notice if your symptoms are getting worse. Talk to your GP, counsellor, caseworker or mental health team about how they can continue supporting you. Can your appointments take place over the phone, via email, text or video chat? What tips do they have to help you get through? Who can you call if you need help urgently?



**Spirituality and sense of connection with self and others can be very difficult during this time.**

**Tikanga practices have had to be adapted to look after our most precious and ourselves which can or may cause stress. As New Zealanders, Māori and/or other Indigenous peoples, we will need to adjust and find work around to help us to still maintain the mana of ourselves and others. Familiarise yourself with the below guidelines and seek support your spiritual leader, whānau, kaumātua/kuia at this time.**

### **Tikanga Māori and gatherings**

All indoor and outdoor events cannot proceed while New Zealand is at **Alert Level 4**.

We are asking you to only spend time with people in your household and keep your distance from all others at all times. This will help us stop the spread of COVID-19 and protect our whānau, hapū and iwi, particularly those who are more vulnerable to illness (such as our kaumātua – our koroua and kuia).

People are now attending their church gatherings on line. Some churches maybe offering this, if you belong to a local church check with the secretary whether on line church or one to one sessions are available.

### **Planning events**

Many groups including kapa haka groups, sports teams, whānau, hapu, iwi and Māori organisations and marae committees have cancelled all upcoming events.

It is disappointing to have to cancel planned events, however, it is about doing what's right to protect our people and our guests – manaaki tangata, otirā manaaki manuhiri hoki.

We have observed whanau posting waiata on websites such as Facebook to reach out to the Māori community.

### **Tangihanga**

Gathering together for funerals and tangi is not permitted while New Zealand is at **Alert Level 4**.

Bereaved families and whānau from all cultures and backgrounds will find this time challenging. This makes it even more important that we show each other kindness and caring, manaakitanga and aroha.

### **Hongi and harirū**

We are all being asked to play our part to refrain from physical contact to prevent the spread of COVID-19.

COVID-19 can spread from person to person through physical contact. This will have an effect on particular areas of tikanga Māori (including kawa).

In practice, this means suspending our customs of hongis and harirū, alongside stopping kissing, hugging and all other forms of close physical contact with people outside of your household.