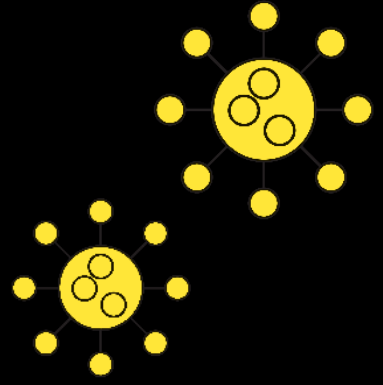


NZDF COVID-19

Maintaining wellness in the COVID environment



As our daily lives continue in the midst of the increase of COVID within our community, chances are we may find ourselves or people we know needing to self-isolate as close contacts or indeed catching the virus. Having to stay home for long periods of time while balancing work, home life and relationships, or being confined without our usual social contacts and routines, can take a toll on our wellbeing. Stress levels may increase and boredom and frustration set in, and if we or someone in our household gets COVID, we may have physical health concerns as well.

The good news is we have a highly vaccinated population including a good number who have had their booster. This goes a long way in decreasing the risk of us getting really sick or spreading COVID. If you haven't had a booster yet and you or other family members are eligible, it's a good idea to arrange that now.

Now is a good time to think about your own isolation plan and how you'll manage your risk to protect yourself and loved ones against COVID. Think about how you might manage self-isolation and what your needs might be during this time. Include in your planning practical needs such as getting groceries, who your support crew is and how to keep connected, and ways to fill in your down time. If you are a military member who may be required to work in a location apart from your whānau, ensure you have an agreed support plan should your family need to isolate and you can't immediately be there to support them.

If you are unsure if you need to isolate or for how long refer to the govt. [isolation requirements](#)

Let's work together to support one another, flatten the curve and keep each other safe. Flattening the curve means our health and wellbeing services have the capacity to support our whānau, friends and team-mates when they need health or additional support.

HEALTH AND WELLBEING SUPPORT INFORMATION

It is important that you monitor the latest updates and guidance on COVID as well as know where to reach out for a help hand if you have any physical or other wellbeing concerns.

Information on COVID-19, including health guidance, wellbeing resources and key messages are regularly updated on the Covid-19 ILP and the [Force4Families Covid-19 page](#).

If you are needing a helping hand during this period, please reach out for support. Check out the [Advice and Support](#), [Force Financial Hub](#), [Defence Health website](#) and a range of wellness apps, online courses, helpful websites and activities for children in our [wellbeing resources page](#).



BE PREPARED, MAKE A PLAN

- Focus on what you have control over and what you can prepare for. Try not worry about things you don't have control over or may or may not happen.
- Be prepared if you need to isolate - if you are isolating in a house or accommodation with others agree how you will manage this to reduce the spread of COVID across your household. Make family/pet arrangements if you need to.
- Do you have the supplies you need to isolate? – is there someone outside your home who can get these for you? Groceries, prescriptions etc.
- [Create QR codes](#) for your home so people can scan as they enter or drop things off, get [isolation signs](#) ready to display at your front doors to let people know you're isolating
- Be responsible. Think about how you can reduce risks of exposure in your activities and interactions with others. If you are older, have underlying health conditions or know you or some your contacts are more vulnerable to getting sick, take precautions to limit your social contact and exposure and wear high quality masks indoors, at all times.

SUPPORTING YOUR TEAM

- Do regular welfare checks with team members who are self-isolating
- Make sure you have up to date contact information for your team members. Make an effort to do regular virtual check-ins as a team to help maintain feelings of connectedness
- Make sure your team members know who to contact if they get sick

REACH OUT TO THOSE ISOLATING

- Do you know who in your social networks are isolating?
- Make an effort to check in with them regularly and see how they're doing and if there's anything they need
- Use technology to stay connected, a phone call or video chat can go a long way in making someone feel supported when they may otherwise be feeling lonely or disconnected from their community
- Form virtual hubs- have a virtual games night, a family catch up
- Reach out to your neighbours or those who are vulnerable due to health conditions- support them to access essential services

SELF-CARE

- It's important to stay well informed about COVID, but don't just watch the news about this! Watch, read, listen to things you're interested in, that make you laugh, make you feel relaxed.
- If you do need to isolate at home, what project can you or your family start working on – a garden transformation, a bedroom makeover, garage tidy up the to make room for the pool table... or the pool?! Or if you are isolating alone, what hobby might you take up that you've not had time for - guitar or cooking lessons, body building, learn Te Reo, sign up for an online course.
- Get outside - go for a walk or a run, if you can, or even move your work station outdoors for a bit of fresh air.
- Keep a routine - sometimes the days can blur together, keep some structure to your day, work flexibly, make a plan for things you need/want to do
- Join your local NZDF community Facebook page to stay connected
- Monitor your physical health and keep an eye out for signs that stress, boredom or frustration might be getting on top of you (e.g. Drop in mood, sleep issues, difficulty controlling emotions or behaviour). Ask for help if you need it.

WORKING REMOTELY

- Do you have a comfortable place to work in your home?
- Have you spoken with other members in your household if you should all need to work remotely, how will you avoid getting under each other's feet?
- Create separation between your work and home space
- Keep structure to your day
- Don't beat yourself up if you're getting less work done from home. We have families, children, other responsibilities which come first when we are isolating together. You also need to take breaks otherwise concentration levels will drop.

