HEALTHBEAT

FOLLOW THE SOUTH CANTERBURY DHB FACEBOOK PAGE FOR COVID-19 UPDATES.

WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!

GIVE – ĀWHINA

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!

TAKE NOTICE – ME ARO TONU

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.

GET MOVING – KIA KORI

Regular movement and exercise helps release tension and stress and gives you an energy boost!

CONNECT – TŪHONO

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.

STAY CURIOUS – ME WHAI WHAKAARO

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.

STICK TO A ROUTINE – WHAI MAHERE

It will help you get through each day and adjust to regular life when it goes back to normal.

RELAX – MAURI TAU

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

ALL RIGHT?

Mental Health Foundation of New Zealand
mauri tū, mauri ora

TIPS ON HOW TO LOOK AFTER OTHERS

KEEP GIVING
Give compliments, think about a skill you could share with your whānau, flatmates, friends, share a favourite recipe. Let people know you're there to help and tell them what help you can offer.

CHECK-IN ON OTHER PEOPLE WHO MIGHT NEED HELP
Reaching out to others will help them and you too.

BE KIND TO ONE ANOTHER
Showing you care with a simple text or call can make a big difference.

WORK TOGETHER
Tough times affect each of us differently and we all work through them in our own way and at our own pace. Think about where you are at and remember that others may be at different stages. When we work together we can help everyone to get through.

HOSPITAL VISITORS

- Strict visiting hours from 2pm-8pm
- One visitor from the patients extended bubble can visit, once a day, with a few notable exceptions.

The exceptions include:
- Two support partners from the patients extended bubble for the duration of a birth
- Family visits at Talbot Park, D6 residential unit, when supporting a terminal patient through end of life care.

SOUTH CANTERBURY DHB COVID-19 CASE NUMBERS

As at 9am on the 05/05/2020.

TOTAL CASES: 17

- Confirmed - 15
- Probable - 2

MACKENZIE DISTRICT: 5
TIMARU DISTRICT: 5
WAIMATE DISTRICT: 7

RECOVERED: 13

ACTIVE: 4