



WAITEMATA WHANAU COLLECTIVE RESOURCE

COVID-19 SUPPORT RESOURCE FOR FAMILIES



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A resource booklet to help you navigate through COVID-19

COVID-19
SUPPORT RESOURCE
FOR FAMILIES

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Introduction

E whā ngā ratonga hapori e mātau ana ki te kaupapa ‘Tūkinu ki rō Whānau’ e mahitahi nei hei rōpū Ko te Kāhui Whānau o Waitematā. Ko ngā ingoa ko Family Action, ko Man Alive, ko Kia Tīmata Anō Trust me te rōpū ko North Harbour Living without Violence.

The Waitemata Whanau Collective is made up of four specialist Family Violence agencies, Family Action, Man Alive, Kia Tīmata Anō Trust and North Harbour Living without Violence. The Helensville Women & Family Centre have also kindly added to the development of this resource

Kua koha tēnei ratonga e whā i wētahi rauemi māmā hei āwhina atu i te whānau i tēnei taima taumaha. Ko te kī hakahau, me noho kāinga tātou katoa. Ā, me noho wehe anō tātou i a tātou i wā tātou mahi o ia rā me ngā rōpū, ngā tāngata e whakahoahoangia e tātou ia rā ia rā. Ko te rautaki matua kia ārai ai te hāpori whānui otira tātou katoa i te mate COVID-19.

We have put together some simple resources to help you get through this difficult time. We are all being asked to stay home, separate ourselves from our normal routines and social groups in order to protect the wider community from the COVID-19 virus.

Ko te hakaaro nui o tēnei rauemi he mea:

- kia Whakangawari i ōu āwangawanga,
- kia manaaki i tō oranga,
- kia tiaki i tō whānau me te hakakoakoa noki i wāu tamariki mā te tākaro i ngā hei mahi.

These are ideas to help you manage stress, support your wellbeing, your relationships and entertain the kids.

Ko te tūmanako nui, mā tēnei rauemi koe e āwhina otirā tō whānau. Kia tū, kia oho, kia mataara kotahi nei tātou katoa ki te kakari i te mate COVID-19.

We hope you find them useful and wish you and your family well as we all work together to unite to fight the Covid-19 virus

Ngā manaakitanga o te Kaihanga ki runga i a koutou otirā tātou katoa. Mauri-tū! Mauri-kaha! Mauri- ora!

Michelle, Ana, Howard, John & Nelene



COVID-19 RESPONSE

Encourage your kids to practice healthy handwashing habits

U

Teaching your children good handwashing habits is one of the most important steps you can take to keep them healthy. Keeping hands clean prevents the spread of germs that cause illness.



How to do it right



Wet hands with clean, running tap water (cold or warm).



Apply regular soap. Antibacterial soaps are not necessary in the home.



Lather hands. Be sure to get the backs of your hands, between fingers and under nails.



Scrub for 20 seconds (the time it takes to sing "Happy Birthday" twice).



Rinse well under clean running water.



Dry hands with a clean towel or let them air dry.



When to use hand sanitizers

If you don't have soap and clean running water, hand sanitizers containing at least 60 percent alcohol can reduce the amount of germs on your hands in some situations. Hand sanitizers are not as effective as soap and water if your hands are dirty or greasy. Hand sanitizers work well against some germs, but handwashing with soap and water is best.

For more health tips, visit uclahealth.org/mattel

it begins with **U**

Looking after ourselves through healthy personal hygiene habits.

COVID-19 and your money: **Live sorted** 7 things to do right now

We're living in such a changed world that it can feel overwhelming. The coronavirus has upended our working lives, our kids' lives, and our money lives as well. That said, there's a lot we can do: here are 7 things to do straight away.

1. Avoid decisions based on fear

We'll get through this together, so no need to panic. Emotional situations tend to lead to poor financial choices, so be sure to get the help you need as you make financial decisions during an emergency. Take the time to get information and advice on what you would like to do.

2. Find out what financial help is available

The government is acting to support the economy, including leave and self-isolation support, subsidised wages, and business cash flow and tax measures. Find out more on the official COVID-19 government response site (<https://covid19.govt.nz/government-actions/financial-support/>) or call the free government helpline on: 0800 779 997 (8am–1am, 7 days a week).

Source: <https://sorted.org.nz/must-reads/covid-19-and-your-money-7-things-to-do-right-now/>

3. Make a crisis money plan

Especially during an emergency, creating a money plan is key. Financial stresses can cause considerable hardships for you and your family – so having a plan helps bring peace of mind. Work through a scenario for reduced income. In order to best manage your money, it's important to identify your incomings and outgoings. Focus on your immediate “needs”; cut back on any unnecessary “wants”. Give every single dollar a job to do. This means you decide what all of your money will be used for and prioritise what's most important. Set aside any extra money you have – even just \$5 or \$10 – into a safety net. If things are too tight to manage, help is available.

4. Find out all your options before taking on more debt

If you don't have an emergency fund, consider putting some money aside each time you're paid if you can. Depending on how the situation evolves, you may need to rely on your safety net sooner than expected. If you feel you need to borrow to get by, it's important not to run to the easiest money available. A short-term payday loan online or a KiwiSaver hardship withdrawal may first come to mind, but there may be other options that are likely to be better: government support, temporary loan or mortgage holidays, or consolidating your debt to a lower interest rate with more manageable payments. The goal is to get through and create as little debt as possible.

5. Can't make repayments? Talk to your lender as early as possible to make arrangements

The earlier you talk to your bank or lender, the better. You might be surprised how they're willing to make things work with you and your loan. The sooner you get in touch, the better placed they are to help you deal with financial stress. After all, they deal with this sort of thing all the time. Depending on what you're experiencing, your lender could:

1. Temporarily suspend loan repayments. The government announced a 6-month holiday on mortgage repayments, although note that interest will continue to accrue for that time period.
2. Move you to interest-only payments
3. Restructure business loans
4. Consolidate loans to make repayments more manageable
5. Provide short-term funding

6. Stay safe from COVID-19 scams

Crises tend to bring out the best in all of us, but unfortunately the worst can also be seen if you look carefully. Frauds and scams related to coronavirus are popping up like poisonous mushrooms, especially online, so make sure to verify every call, link and email that comes your way – it could easily be a fake. A good way to check is to make a separate call to a published number to make sure something's the real deal.

7. Ignore your KiwiSaver balance

If you've been concerned about KiwiSaver's ups and downs, feel free to not look for a while – just ride it out. This is true for most KiwiSaver members, unless you plan to use the money to retire or for a first home in the next 3 years – in which case, it might be good to shop around for a defensive fund. Here are some FAQs for KiwiSaver members.

<https://sorted.org.nz/must-reads/riding-out-covid-19-in-kiwisaver/>



Source: <https://sorted.org.nz/must-reads/covid-19-and-your-money-7-things-to-do-right-now/>

Self-care for Mental Health

The importance of looking after our mental health.

SELF-CARE FOR MENTAL HEALTH

COMPASSION
Be kind to yourself. Stop judging yourself. Practice positive self-talk.

SELF-CARE
Rest. Pay attention to your self-care battery. Give yourself what you need. Deprivation is not healthy. Make time for yourself.

ACTION
Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself.

SUPPORT
Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need, create a strong support system. Break the stigma.

TRUTH
Notice how your choices (conscious or subconscious) contribute in a negative way. Look at what isn't working in your life.

BlessingManifesting.com
See the blog for more!



*How to keep calm when
reaching boiling point*

It's important to first realize that anger is a natural human feeling. Its how we deal and manage our anger that affects ourselves and others.

*Anger Rules:
It's okay to get mad, but...
Don't hurt others
Don't hurt yourself
Don't hurt property*

ANGER QUESTIONS

Take some time out and answer these questions to help you explore your anger.

1. What are your top 5 anger triggers?
2. What happens to your body when you start to feel angry?
3. How has your anger impacted your family? your friends?
4. What ways have you tried to cope with your anger? what worked or didn't work?
5. How do others around you cope with their anger?
6. What would things look like if you were able to control your anger?
7. What are some other coping skills you think might be helpful?

STOP!
This means YOU.

HOW STRESSED OR ANGRY ARE YOU?

10	Exploding
9	Boiling
8	EEEEK
7	Frustrated
6	Feeling the stress
5	Busy but okay
4	Okay
3	Relaxed and happy
2	Great
1	Couldn't be better

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View all our Poster Coaches, at the [EFTI Store](#) many are free.

WARNING SIGNS:

Whenever you start to feel angry, your body sends you warning signs. It is important to pay attention to these signs so that you know when to start using a coping skill. Which of these body warning signs happen for you?

WARNING I START TO FEEL DIZZY	WARNING I FEEL LIKE CRYING	WARNING MY CHEST FEELS TIGHT!
WARNING I GET A HEADACHE!	WARNING IT'S HARD TO BREATHE	WARNING I CLENCH MY FISTS!
WARNING MY MUSCLES HURT!	WARNING I HUFF AND PUFF!	WARNING MY HEART BEATS FASTER!
WARNING MY WHOLE BODY FEELS HOT	WARNING SWEATING	WARNING MY WHOLE BODY STARTS TO SHAKE

WHAT TRIGGERED ME?

1. I feel excluded.
2. I felt powerless.
3. I felt unheard.
4. I felt scolded.
5. I felt judged.
6. I felt blamed.
7. I felt disrespected.
8. I felt a lack of affection.
9. I felt uncared for.
10. I felt lonely.
11. I felt ignored.
12. I felt like I couldn't be honest.
13. I felt like the bad guy.
14. I felt forgotten.
15. I felt unsafe.
16. I felt unloved.
17. I felt like that was unfair.
18. I felt frustrated.
19. I felt disconnected.
20. I felt trapped.
21. I felt a lack of passion.
22. I felt like I couldn't speak up.
23. I felt manipulated.
24. I felt controlled.

GROUNDING WITH YOUR 5 SENSES:

What are...

Ideas...

5

THINGS YOU CAN SEE



SUN, PICTURE ON THE WALL, PEOPLE WALKING

4

THINGS YOU CAN FEEL



WIND BLOWING, FEET ON THE FLOOR, PENCIL

3

THINGS YOU CAN HEAR



BIRDS CHIRPING, CLOCK TICKING, CAR HORNS

2

THINGS YOU CAN SMELL



FOOD FROM KITCHEN, LAUNDRY, FRESH CUT GRASS

1

THINGS YOU CAN TASTE



MINT, BREAKFAST, TOOTHPASTE



MEDITATION

Set a timer for 10 min.

Sit comfortably.

Close your eyes.

Bring your awareness to your breath.

Slowly inhale through your nose. Focus on your mind on the sound of your breath. Exhale through your nose.

Every time your mind wanders, bring your concentration back to your breath.

When the timer rings, open your eyes slowly.

Keep a daily journal and write down how mediation makes you feel.

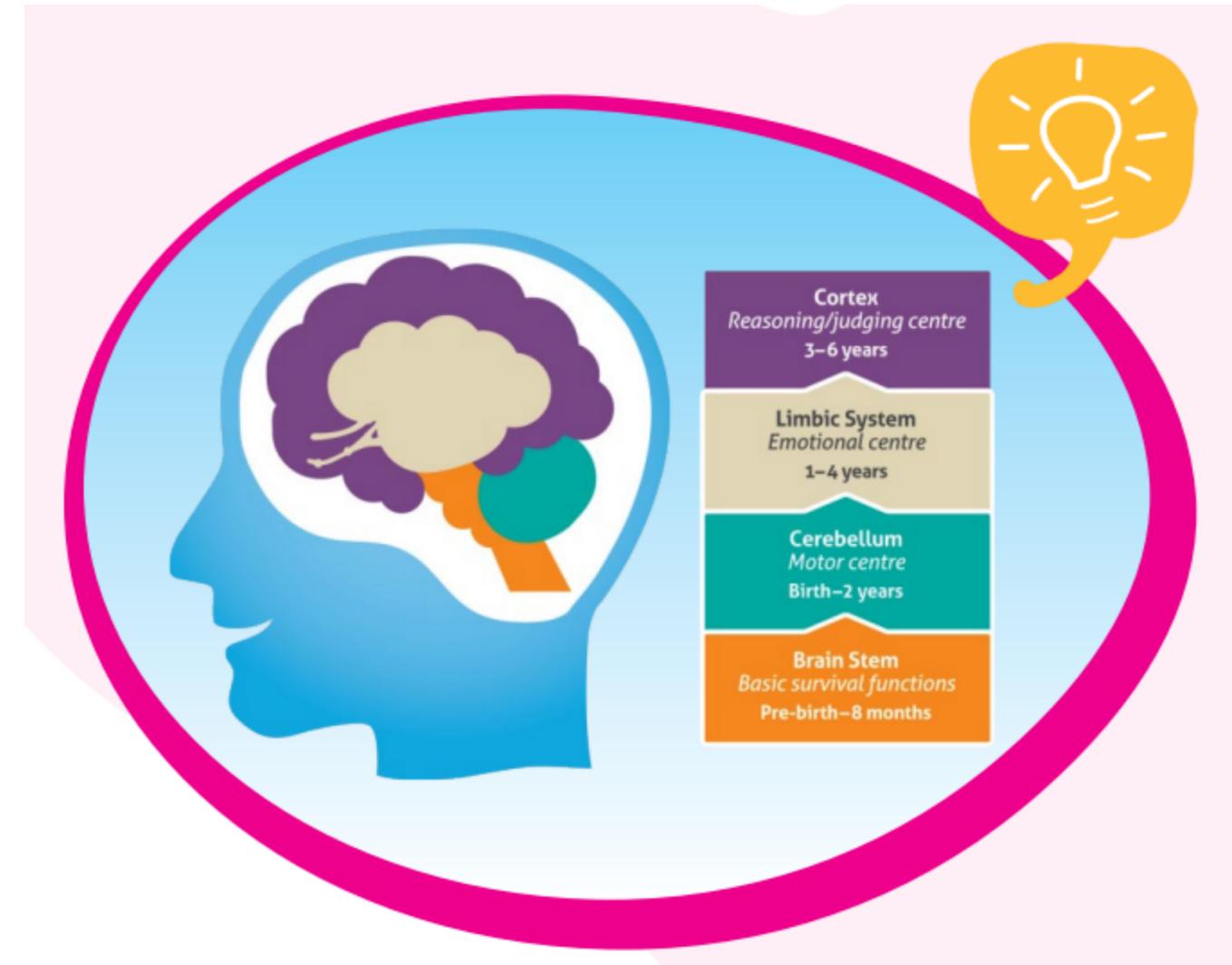
It might be challenging at first, it takes steady practice. Don't give up!

UNDERSTANDING HOW CHILDREN DEVELOP

It is hard to be mindful and calm if we expect more of our children than they are capable of. It can feel like they are letting us down. Because they are little, children do not keep up with adults. Sometimes we want them to do things on their own because we have so much to do. In the middle of busy life, it is easy to have unrealistic expectations of our children. Knowing a little more about how children's brains develop and grow can support you to be more mindful. It can give you a map to understand what makes your child tick from the inside.

HOW DO CHILDREN'S BRAINS DEVELOP?

Children's brains are amazing things. They are growing and changing constantly. Understanding more about the way children's brains develop helps us to understand why children feel, act and think in certain ways at different stages of their lives.



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How emotions rule behaviour

Regardless of our age, our emotions can rule our behaviour. It is different for children and parents.

For children

In a highly emotional state, children hear very little of what is said to them. The thinking part of their brain is switched off. The emotional part of their brain is in control. They are reacting to how they feel. They are not able to be reasoned with, follow instructions or easily do anything their parents are asking them to do!

For parents

Just like our children, when we become highly stressed, tired, angry or anxious, these feelings overwhelm the brains of parents and cause "a fog" over the logical rational (thinking) parts. At these times the thinking part of our brain is switched off too and the emotional part of our brain takes control.

Sometimes it is hard to stay calm when we are struggling with our children's behaviour.

If we can be mindful, and stay calm, we can support children to keep the thinking part of their brain switched on. When parents are mindful, we are able to remain connected to what our children's needs and are more able to respond to them.

HOW CAN YOU BE A MINDFUL PARENT?

Mindful parenting is the chance for you to do things with your child without having your attention drawn away from what is happening between the two of you right then and there. Mindful parenting is like a pause to take a small breath. It is a pause that allows you to know what you are feeling. And it lets you recognise how your children are feeling and what they might need from you then and there.

Mindful parenting is you in a place and time that connects you to your children in small and powerful ways.

BEING MINDFUL IN YOUR PARENTING:

- helps you be more aware of you own feelings, thoughts and bodily sensations;
- helps you become more aware of your child's thoughts, feelings and needs;
- assists you to be more self-aware and improve your capacity for emotional self-regulation in your parenting;
- helps you to be less critical or judgemental of yourself and your child;
- increases your ability to stand back from situations without responding immediately or inappropriately;
- gives you more choices in how you respond to your child; and,
- strengthens the relationship between yourself and your child.

Being a mindful parent can take practice but it is worth it in the end. Mindful parenting is about taking the time to pause, clear your mind of all thoughts and ask yourself these questions:

What is happening with my child in this moment?

What does my child feel?

What does my child need?

What am I feeling?

What do I need?

Pausing in moments with your child to think about these questions will make a difference for you and your child.

Stop, Pause, Play

'Stop, Pause, Play' is a mindful exercise using breathing that helps parents to be in the present moment with their children.

Using 'Stop, Pause, Play' is a stepping stone to mindful parenting.

This three minute exercise is designed to help you to calm down and enable you to think and act more clearly.

When you are calm, you are more able to reflect on what is going on for your child and how best to respond.

The exercise has three parts:

1. STOP: what you are doing

If possible make sure your feet are firmly on the ground.

2. PAUSE: focus on your breath

Breathe in slowly, right down into your belly, then exhale completely.

Take 5 more slow breaths, being aware of each breath in and each breath out.

After several such breaths, you will find that your heart rate has slowed down, your breathing is deeper and you will feel calmer. It is the out breath that relaxes your body and allows you to feel calmer and think clearly.

3. PLAY: Respond to your child the way you want to

When you are in this calm state, you will probably be better able to respond in a thoughtful or considered way to your child.

You will also be more likely to stay connected to what is going on for your children. You will be more aware of their experience of the situation and how they might be feeling.

Putting it all together

6 things that your kids need from you

SKIP's approach is based on six things which children need from parents to help them grow into happy, capable adults.

You might be strong in some of these and not so much in others. Thinking through these questions might help you to see what you do well and where there might be room to improve your relationship with your children.



6 *A structured secure world*

- Does their day-to-day life have enough of a routine that they know what to expect?
- Do they have freedom to explore safely and make choices of their own?



5 *Consistency + consequences*

- Do I behave in the way I want my child to behave?
- Do I respond the same way each time I see this behaviour?
- Is this consequence:
 - related to the behaviour?
 - reasonable for my child's level of understanding and ability?
 - respectful?



3 *Guidance + understanding*

- Does my child understand why that behaviour is not ok?
- Do they see how their behaviour has affected others?
- Have I helped them to work out better ways to get what they need?



4 *Limits + boundaries*

- Has my child broken a clear, simple rule they already knew about?
- Is my child capable of doing what is expected or am I asking too much for their age?
- Have I reminded them of the rules?



1 *Love + warmth*

- How do I show them I love them every day?
- Does my child know that it's their behaviour, not them that I don't like?
- Is my child scared of me, am I calm enough?



2 *Talking + listening*

- Have I said clearly how I want my child to behave?
- Have I listened to them or asked them how they're feeling?
- Are all our conversations about me telling them what to do?





Getting anger

under control

Managing your anger isn't easy, but it can be done, even if you've got into the habit of yelling and lashing out. If you recognise when you're starting to get angry, you can begin to calm yourself down.

Often anger feels like it takes us by surprise. But there are lots of physical signs that anger is building up. It's important to notice your early warning signs – breathing faster, heart pounding, getting hot, tensing up, clenched teeth.

SOURCE: SKIP - staying calm pdf.



Next time

Ask yourself 'what am I really getting angry about?'

Everyday life can be very stressful for parents. Thinking about what has triggered your anger can help you to get things into perspective and keep calmer. Often what makes people angry has nothing to do with their kids but they're often on the receiving end.

“It's not their fault that you've had a bad day.”

SOURCE: SKIP - staying calm pdf.

When kids get angry

Angry kids can often become angry adults. So it's really important to help them learn how to handle their feelings, especially the scary or angry ones.

Try to

- always acknowledge their feelings. Start off with something like "I can see you're feeling...(angry / annoyed / frustrated) ...but it's not OK to pull your brother's hair.'
- be clear about what behaviour you expect and be consistent with consequences
- remain firm but fair – and stay calm so you won't feed their anger
- make time to talk about how they feel and how you feel – eg happy, sad, scared. This helps them to recognise what they're feeling and to understand that not all emotions are about anger.
- have some special time with each child every day where you really focus your attention on them, even if it's just 15 minutes.

SOURCE: SKIP - staying calm pdf.

Family Rules

All children want to feel like they belong. By using the 3 magic words:- "In our Family" children are more likely to follow through with our requests and family rules.



In our Family, we...

- * Use kind words
- * Use gentle hands
- * Help each other
- * Look after our toys

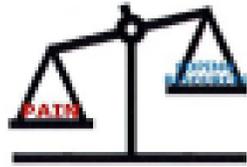
Use "In our family" in everyday requests/rules. In our family we pick up our toys before bedtime. In our family we help with the dishes. In our family we greet people friendly etc.

*Plan to keep
yourself
and kids safe*



Safety Plan

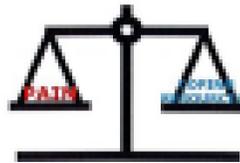
If you sometimes struggle with suicidal thoughts, complete the form below. When you are feeling suicidal, follow the plan one step at a time until you are safe.



Feeling suicidal is the result of experiencing extreme pain, and not having the resources to cope. We therefore need to reduce pain and increase coping resources.

These feelings will pass.

Keep the plan where you can easily find it when you'll need it.



What I need to do to reduce the risk of me acting on the suicidal thoughts:

What warning signs or triggers are there that make me feel more out of control?

What have I done in the past that helped? What ways of coping do I have?

What I will do to help calm and soothe myself:

What I will tell myself (as alternatives to the dark thoughts):

What would I say to a close friend who was feeling this way?

What could others do that would help?

Who can I call:

- Friend or relative: Another?
- Health professional: Other?
- Telephone helpline: Other?

A safe place I can go to:

If I still feel suicidal and out of control:

- I will go to the A&E department
- If I can't get there safely, I will call 999 (112, 911 etc)

What are Core Beliefs?

Core beliefs are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen. Because of this, people with different core beliefs might be in the same situation, but think, feel, and behave very differently.

Even if a core belief is inaccurate, it still shapes how a person sees the world. Harmful core beliefs lead to negative thoughts, feelings, and behaviors, whereas rational core beliefs lead to balanced reactions.

Situation: Two people with different core beliefs receive a bad grade on a test.

Person	Core Belief	Reaction
A	➡ "I am a failure."	➡ Thought: Of course I failed... why bother? Feeling: Depressed Behavior: Makes no changes.
B	➡ "I am perfectly capable, when I give my best effort."	➡ Thought: I did poorly because I didn't prepare. Feeling: Disappointed Behavior: Plans to study before the next test.

Common Harmful Core Beliefs

Core beliefs are often hidden beneath surface-level beliefs. For example, the core belief "no one likes me" might underlie the surface belief "my friends only spend time with me out of pity".

Helpless	Unlovable	Worthless	External Danger
"I am weak"	"I am unlovable"	"I am bad"	"The world is dangerous"
"I am a loser"	"I will end up alone"	"I don't deserve to live"	"People can't be trusted"
"I am trapped"	"No one likes me"	"I am worthless"	"Nothing ever goes right"

Consequences of Harmful Core Beliefs

Interpersonal Problems	Mental Health Problems
difficulty trusting others	depression
feelings of inadequacy in relationships	anxiety
excessive jealousy	substance abuse
overly confrontational or aggressive	difficulty handling stress
putting others' needs above one's own needs	low self-esteem

Facts About Core Beliefs

- People are not born with core beliefs—they are learned.
- Core beliefs usually develop in childhood, or during stressful or traumatic periods in adulthood.
- Information that contradicts core beliefs is often ignored.
- Negative core beliefs are not necessarily true, even if they *feel* true.
- Core beliefs tend to be rigid and long-standing. However, they can be changed.

THE TRADITIONAL MAN'S OLD RULE BOOK

1. Men are biologically superior to women, and so better at activities using physical strength (the myth of the hulk).
2. Men's thinking is rational and logical and superior to women's thinking, which is emotive and illogical. (Men can't really understand women.)
3. A man's image is based upon being more powerful, being fiercely competitive, dominant and controlling. (If you are none of these things then questions may be asked.)
4. Masculinity rather than femininity is the more valued gender identity to have — men rule OK.
5. Work and career success are the mark of a man. (Watch out for redundancy and unemployment.)
6. Self-esteem is established through achievement, competence and success.

7. A natural order exists whereby men are expected to assume control over others — especially their family, children — and their environment.
8. A man who needs help to deal with issues or problems is weak, vulnerable and incompetent — the myth of 'I must do this all on my own'.
9. Expression of soft emotions is unmasculine and a sign of weakness — 'Little and big boys don't cry.'
10. Communication based on sharing feelings, intuitions, and physical nonsexual contact is to be avoided. (I don't understand it so it must be wrong.)
11. Sexuality is performance and goal oriented. Intimacy and sensuality are of lesser importance.
12. Intimacy and sharing with other men means either homosexuality, or that the other man will take advantage in a competitive setting.
13. It is acceptable for men to use their power, dominance and violence to keep control inside and outside the home.
14. Real men are tireless, invincible and keep working regardless of the personal or health risks. (Real men die early of heart attacks, lung cancer, alcoholism, strokes.)

THE NEW RULE BOOK FOR MEN

1. Strength means different things to different people. Strength is defined as knowing yourself; your abilities, your needs, and sorting these out in respectful ways. Both men and women can be strong in physical, emotional, and verbal ways.
2. Well-made decisions use a range of styles, including rationale, logic, intuition and emotion. Each style has a valuable contribution to make and no one style is more important than another.
3. Real men are powerful but not at the expense of others. Real men have an understanding that power is not a finite commodity but something that is to be shared. Power is used to increase, not decrease, the opportunities of others.
4. Masculine and feminine attributes are of equal importance. Men are not more important than women, and women are not more important than men. It is essential to value the differences and the similarities.
5. Work and career are part of our lives. Other roles — such as being a good father, partner and friend — are of equal importance. The New Rule Book says that men don't duck out of their social and emotional responsibilities. They balance their lives with a range of activities that enhance positive self-esteem.

6. Self-esteem is established through knowing ourselves, being respected and respectful, and honest about who we are.
7. Men and women work in partnership to create a better situation for everyone. Entitlements are negotiated between people, not given.
8. It takes strength, energy and courage to seek out help when problems arise. Real men acknowledge difficulties and deal with them directly in ways that are not abusive to others.
9. Real men are in touch with their emotions, and are able to identify and express them. Men are genuine and honest in letting others know what they are feeling. The only weakness is hiding yourself from yourself.
10. Communication is the most important tool in relationships, so real men take the time and energy to express themselves and hear others in ways that are appropriate and non-abusive.
11. Intimacy and sharing are the most important parts of sexuality. This requires men to be present physically, emotionally and verbally during this time.
12. Real men are able to feel comfortable enough to risk being honest with other men and respect other men's need to share with them.
13. It is unacceptable for men to use power, dominance and violence to keep control inside and outside the home. Real men see the ultimate costs of this behaviour and take steps to ensure they act respectfully towards others.
14. Real men take care of their physical and emotional health, balancing the demands of work, home and recreation.

SOURCE: Et al. Ken McMasters – Getting angry playing fair.

CHILD SAFETY

We want children and young people to **FEEL SAFE AND BE SAFE**

Everyone who works here will do their best to make sure that you:



It is never OK for anyone to hurt you. **feel comfortable** **feel cared for** **feel safe** **are safe**

If you are not happy with something that is happening here or there is something you are worried about, we want you to tell someone you trust.

You can tell someone who works here.



You can also tell someone who looks out for you, like your mum or dad, a carer or a teacher.



We will try as hard as we can to fix any problem or worry that you have.

We will always listen to you.



We will always treat what you tell us seriously, no matter how old you are.



STAYING SAFE AT HOME

Parents can be victims too:

Parent Abuse is when teenage or adult children use violence against their parents. Parent abuse affects siblings and other family members too.

Abuse can include:

- Hitting, pushing, kicking, choking
- Verbal Abuse - name calling, put downs, shouting
- Mind Games
- Threats to Harm Themselves or others
- Unrealistic Demands
- Damaging Property
- Stealing Money
- Incurring Debts that parents have to pay
- Sexual Assaults

IF YOU ARE BEING ABUSED WHAT CAN YOU DO?

Make it clear you will not tolerate violence of any kind.

- Declare your home is violence free
- Lead by example
- Have consequences for any abuse of a person or property
- Explain clearly what will happen if abuse happens again
- Always follow through with consequences
- Keep a record of incidents to see if there is a pattern
- Get help
- Call the police on 111 if you are concerned of your safety, or a siblings safety

www.areyouok.org.nz 0800 456 450

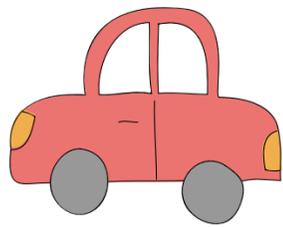
Activities for kids at Home

What can we do with our children now that they are home for the next few weeks?



1. HELPING HANDS

Many hands make light work. Do your part to help around the house. Help with the washing, do the dishes, vaccum or even pop your chef hat on and help out with cooking!



2. IT'S A WASH!

Offer to wash someones car for a small fee. Or do it for free; you may be suprised at the reward you recieve.

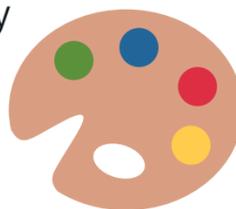
5. CHILL OUT & READ

Ask them questions about what they're reading, read together, make predictions, discuss why characters behave the way they do).



8. INNER ARTIST

Find some butcher paper or an old sheet, grab a few markers or some paint and get drawing. Ask your family to help or draw them into your artwork. Then proudly display the masterpiece in your room.



3. GET WRITING!

Keep a journal, a gratitude list, write instructions for something, write an alternate ending to favourite story or movie, write a story, keep a book of facts.



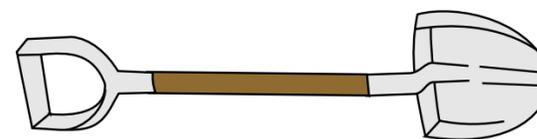
6. MAKER SPACE

Start making creations using unused items in the house like your recycling! A car made out of the milk bottle? A dinosaur made of cardboard? Let your imagination and your thinking run wild!



9. SUSTAINABILITY

It will also be a good time to be outside from time to time for fresh air. You could spend some time gardening, setting up a compost, sort out recycling or even have some plants indoors.



4. PHYSICAL ACTIVITIES

Do yoga, play catch, play frisbee, kick a soccer ball, shoot hoops, take the pet out for a walk. Or even choreograph a dance - video it and send it to your family!



7. CAMP OUT

Whether outside or in the living room, with a tent or a blanket; find a space, set up camp and invite soem friends (animal or otherwise) and have fun!



10. SING A LONG

Life is a song, sing it! You could spend some time writing songs, jamming a musical instrument or round up your family for a good ole karaoke session!



TECHNOLOGY

Technology can be great!

Here are a few online freebies – if you have wifi or data usage:

1. Stories read online:

<https://www.storylineonline.net/>

2. Live Cams of animals around the world:

<https://explore.org/livecams/currently-live/puppy-whelping-room>

3. Animal web cams/ virtual tours around the world:

<https://www.bostoncentral.com/virtual-tours-animal-web-cams>

Here are 2 Apps that are free to download on your phone or tablet. They are amazing and must haves for the household!

1. S.K.I.P. Tips

(Great App for parents – goes through the parenting resources, and shows tools to keep calm.)

2. Tiny Adventures

(quick, simple, low-cost ideas for families to have some simple child-friendly fun together.)

PLAY

- Make a fort in the family lounge together and have a movie night!
- Get out for some fresh air as a family and go on a “nature walk” collect leaves/flowers and press them into a book to dry out. Make sure to stay proper safe distance from others out on a walk!
- Get out the pots/pans to use as a drum, or create a musical instrument out of recyclables (rubber bands, tp roll, Kleenex box, etc.)
- Put on a musical show together
- Have a dance party in the lounge!
- Set up a treasure hunt inside, create a map, and watch the kiddos go!
- Memory game! Pick a few items from around the house and lay them out on a table. Let the children have a look, and then cover them up! What can your children remember seeing, have them either draw them or list them!



CREATE

- Have a baking day! This shows children how things are made, they get to see the results! Plus helps them to learn measuring
- Make gloopo - Mix corn-starch and water together for a sensory activity
- Experiment with baking soda and vinegar! If you're feeling extra creative add in food colouring.
- Trace - find your favourite animal toy and trace it, then colour it in. Trace your hand, then turn it into an animal and colour.
- Make Bubbles with detergent/Soap
- Use recycled toilet paper rolls – colour/paint them, create monsters, or animals
- Create Face Masks - You will need: Sheet of paper and cut to size, or a paper plate, colouring utensils, string to tie on – or you can hold them up

Make Playdough

You will need:

- 1 cup salt
- 2 Tbsp cream of tartar
- 2 Tbsp oil
- A few drops of food colouring
- 2 cups boiling water
- 2 cups plain flour
- A large bowl
- A strong mixing spoon
- Some measuring cups or coffee cups
- Some extra flour for kneading

You can:

1. Mix salt, cream of tartar, oil, food colouring and boiling water in a bowl
2. Add flour and stir together quickly
3. Stir with spoon until the dough leaves the sides of the bowl
4. Tip out onto lightly floured surface and knead with hands when cool enough
5. Use dough to make or cut shapes, build, squeeze, pinch, roll, join, plait, coil and make snakes, people or animals

You can also:

- Use biscuit cutters, Cut with knives and forks, Squeeze through a garlic crusher, Make dough gardens (use the dough as a base for pushing sticks, twigs or flowers into), Make letters.

SHARE THE LOVE

- Call your neighbours, family members, or a local senior residential home and write out a card, or letter to send in the mail!
- Set up a phone call/video chat “play date” with your family members. Now is a great time to catch up!
- Collect rocks from outside, and paint them – can paint lovely pictures or put loving words on them. You can place them outside your home so that other can see them!

SHARE THE KNOWLEDGE

*Teach your children about ways that they can cope with their own
BIG FEELINGS*

*Process of
working through
anxiety*

AFFIRMATIONS
FOR
Anxiety

THIS IS ONLY TEMPORARY

I AM IN CONTROL

I CAN TAKE THINGS ONE STEP AT
A TIME

I'VE MADE IT THROUGH BEFORE
AND I'LL MAKE IT THROUGH
AGAIN

ANXIETY DOES NOT DEFINE ME

STOPP

Use STOPP skill to incorporate many strategies

STOP - Just pause for a moment

Take a breath - one slow deep breath

Observe - there's the mind bully again. My body and mind is reacting to the thoughts and anxiety feelings.

Pull back - this is just the anxiety talking. Don't believe everything you think! Let's stick with the facts - these thoughts are just opinions (Fact or Opinion). These feelings are normal - it's just the body's alarm system doing its job, when it doesn't need to. These feelings will pass.

Practise / Proceed - What can I do right now? I can use these strategies:

- Mindful Breathing
- Panic Thought Record Sheet
- Overcoming Avoidance
- Positive Coping Statements
- NOW: Mindfulness for Busy People
- Flexible Thinking

Where can I put my focus of attention right now? What else can I do that would help me tolerate these thoughts and feelings without reacting to them?



NOW

Notice: Where my attention is

Observe: What I'm doing. Think: "I am walking", "I am sitting", "I am breathing", then notice those sensations in your body

Wise Mind: What now? How shall I continue? Doing or Being?

MINDFULNESS FOR BUSY PEOPLE

- Choose an activity to do mindfully throughout the day, for one, two or five minutes. For example: Drink a cup of tea. Walk. Wash the dishes.
- Whatever you are doing, be in that moment, right now. See, hear, smell, touch, feel, breathe.
- Simply notice whenever other thoughts and sensations come to mind, then re-focus on your chosen mindful activity.
- Be patient and compassionate with yourself.
- Describe - rather than judge good or bad, pleasant or unpleasant.
- It is as it is.

Everything Flows. Nothing is fixed. Heraclitus



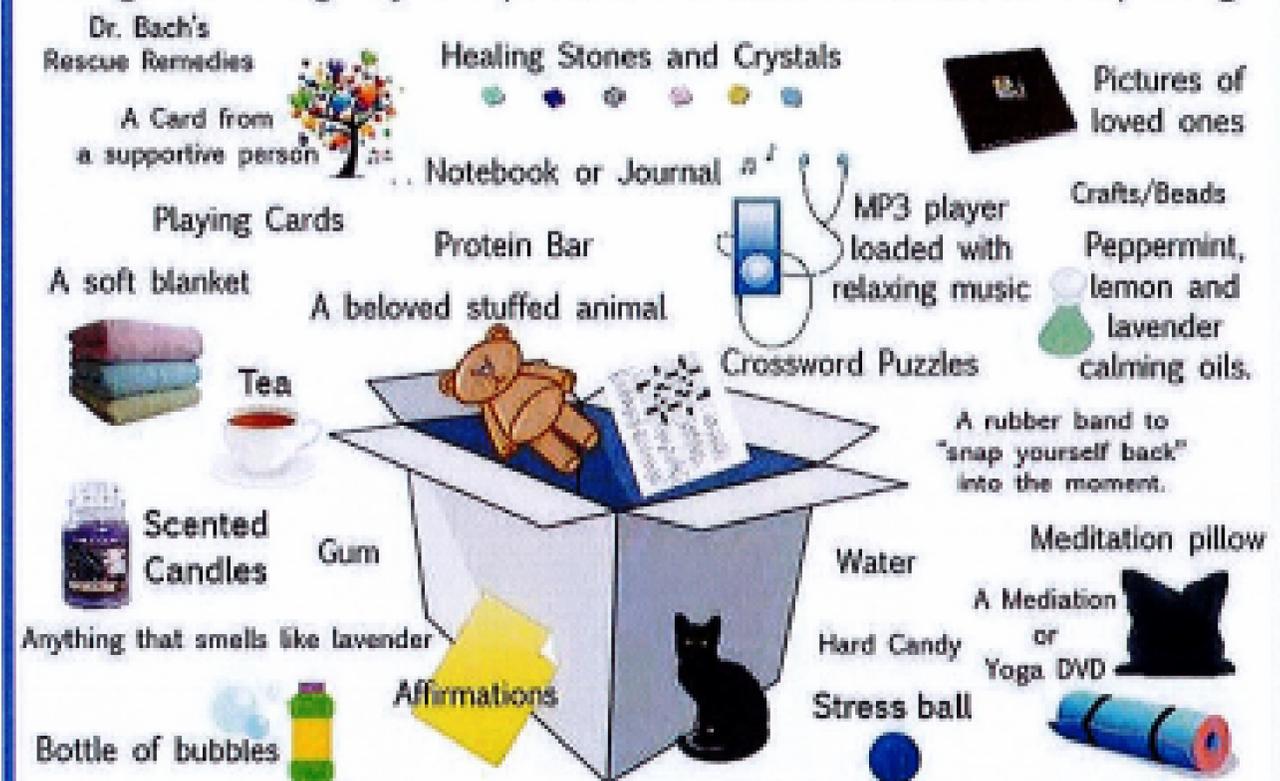
COPING TOOLS

The Coping Toolbox

What exactly is a Coping Toolbox?
It's a collection of your various favorite and healthy items that you can use when you are feeling anxious, panicky or distressed.

Many therapists recommend to their patients to create a coping toolbox for those times when they need something to help them get through an anxiety attack, panic attack or any kind of distressed situation.

The items below are recommended by the members of High AnXieties. Of course it's up to you what you add. Just keep in mind that you want things that will give you a positive distraction and that will help bring



Coping & Relaxation Skills 1

	<p>Pretend you are holding a ball of Play-Dough. SQUEE-EEEZE it as hard as you can! Then, let it go.</p>
	<p>Make your body rigid like a robot. Then, relax your body, like a ragdoll.</p>
	<p>Pretend you are smelling a beautiful flower. Then, pretend you are blowing out candles on a birthday cake.</p>
	<p>Make your back very straight, And make your stomach very hard, So that you can squeeze between two trees. Then, relax and shake it all out!</p>
	<p>Silly Face Contest! Make a face: A puffer fish A turtle A friendly puppy A goofy monkey</p>
	<p>Take a deep breath, and blow into the bubble wand while thinking of what you want to say. Your words go into the bubble and float away!</p>

Coping & Relaxation Skills 2

<p>Snowman/Puddle:</p> 	<p>Make your body tense like a snowman. Then, slowly melt your body down to the ground in a puddle.</p>
<p>Robot/Ragdoll:</p> 	<p>Make your body rigid like a robot. Then, relax your body, like a ragdoll. Turn it into a game!</p>
<p>Flower/Birthday Cake:</p> 	<p>Pretend you are smelling a beautiful flower. Then, pretend you are blowing out candles on a birthday cake.</p>
<p>Down Dog:</p> 	<p>Rest on your hands and knees. Curl your toes under and make an upside-down 'V' with your body. Press through your fingers and your heels. Feel your body stretch.</p>
<p>Sit & Breathe:</p> 	<p>Find a quiet place to sit on the floor. Sit cross-legged, with a straight back, looking at the ground about two feet in front of you. As you breathe, feel the cool air coming into your nose, then feel the warmed-up air going out of your nose. If it helps, count the breaths: one, two, three . . .</p>
<p>Imagine a Rainbow:</p> 	<p>Imagine you are walking down a beautiful path. A storm is clearing and you see a rainbow. Stand under it and let its warm, bright light fill you with happiness. You are a rainbow too. Red: You are strong and safe. Orange: You are happy and playful. Yellow: You are proud and confident. Green: You are kind and caring. Blue: You are honest and truthful. Indigo: You are clever and creative. Violet: You are a good friend.</p>
<p>Color/Art:</p> 	<p>Coloring, painting, playing with playdough, and other arts and crafts are also great ways to relax. Focus on what you are making, noticing the colors, the way the materials feel, and the shapes you are forming. Notice how your big emotions get smaller as you create new things.</p>

<p>Tense Up & Release:</p> 	<p>Make all the muscles in your body tense and rigid: Clench your jaw, your hands, tighten your stomach, and curl your toes. Feel all of your muscles getting tense. Then, slowly release every muscle: uncurl your toes, open your hands wide, relax your jaw, let your stomach be soft. Feel all of your muscles get loose and relaxed.</p>
<p>Grounding:</p> 	<p>Use all 5 senses to give yourself a break in a stressful or frustrating situation: LOOK and say what you see: "I see a picture on the wall", FEEL – "I feel my hand resting on the desk", LISTEN – "I hear the A/C blowing", SMELL – "I smell fresh popcorn", TASTE – "I taste chips from my snack", or name something you'd like to taste now.</p>
<p>Feeling Breaths:</p> 	<p>Feel all the ways your breath moves in your body. Place a hand below your nose: Feel the air on your fingers as you breath out. Place a hand on your chest: Feel your chest expand as you breathe in, and get smaller as you breathe out. Place a hand on your stomach: Feel your stomach expand as you breathe in, and get smaller as you breathe out.</p>
<p>Cold Water:</p> 	<p>For a quick calm down, splash cold water on your face. For a faster and deeper effect, submerge your face in the cold water for a few seconds.</p>
<p>Sit & Check In:</p> 	<p>Sit in a quiet place, with your shoulders slightly back. Let your eyes relax. Check in with your breathing: Is your breathing easy, and full? Feel your thoughts and emotions settling down. If you feel yourself "thinking, thinking, thinking": Greet your thoughts, and then let them go. Focus on how your body feels as your muscles relax, and just sit. Remember this quiet feeling. Imagine that you carry this feeling inside you all day long.</p>
<p>Imagine a Rainbow:</p> 	<p>Imagine you're walking down a beautiful path. A storm is clearing and you see a rainbow. Stand under it and let its warm, bright light fill you with calmness. What do the colors mean to you? Red could be "strength"; blue could be "peace". Name each color with any feeling you want. What colors do you feel the most right now?</p>
<p>Creating/Art:</p> 	<p>Coloring mandala pages, painting, sculpting, and other arts and crafts are great ways to relax and let go. Focus on the details of what you are making: noticing the colors, the way the materials feel, and the shapes you are forming. Notice how your emotions change as you focus on creating designs and shapes.</p>

Co-Regulation Techniques

TECHNIQUE	DESCRIPTION
<p>Label Feelings</p> 	<p>Help your child identify big feelings by labeling your child's feelings in a neutral tone of voice. For example, "It seems like that really frustrated you," or "I can see it made you sad when . . ."</p>
<p>Breathe Together</p> 	<p>Calmly take deep breaths so your child can see you practicing self-calming. If it does not make your child more upset, sit next to or hold your child while you breathe deeply so your child can feel the rhythm of breathing.</p>
<p>Body Calming</p> 	<p>Slowly and rhythmically rub your child's back, feet, etc, when they are recovered. Connecting like this lets them know that you will be there when they are ready to talk.</p>
<p>Back Stories</p> 	<p>Tell your child a story while drawing on the top half of your child's back. For example, draw a circle with rays for the sun, draw triangles for mountains, tap your fingers to walk up the mountain, and brush your hand back forth to make wind. Then, switch places and let your child tell a story on your back.</p>
<p>Music</p> 	<p>Sing or play relaxing songs. Model how to sing/dance/play an instrument. Your child will learn to use music as an active calming tool.</p>
<p>Sensory Activities</p> 	<p>Creating a soothing environment can reduce distress. Try lowering lights and turning off noisy toys and devices. Weighted blankets or other objects that children can touch or feel can help them focus and calm down. A cold washcloth over the eyes can reduce visual stimulation and calm an overly stressed system.</p>



Feeling Overwhelmed? Remember "RAIN"

Four steps to stop being so hard on ourselves.

- R**
Recognize what's going on
- A**
Allow the experience to be there, just as it is
- I**
Investigate with kindness
- N**
Natural awareness, which comes from not identifying with the experience

THOUGHTS are **NOT** FACTS PRACTICE

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as facts.

If you're stuck on a negative thought, ask yourself:

1 **Is it true?**
Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.

2 **Is it absolutely true?**
Is this thought 100% accurate? Can you see the thought in a different way?

3 **How does this thought make me feel?**
Notice any storylines you're holding onto, and name your feelings: sad, angry, jealous, hurt.

4 **What would things be like if I didn't hold this belief?**
Imagine possible benefits to your relationships, energy levels, and motivation.

Excerpt from *Uncovering Happiness* by Elisha Goldstein, Ph.D., adapted from *Loving What Is* by Byron Katie.

FOR CHILDREN

Calming an Anxious Child

I am here

Tell me about it

How big is your worry?

What do you want to tell your worry?

Can you draw it?

Let's change the ending...

What else do you know about...

What calming strategies can you use?

It's scary AND...

I can't wait to hear about...

What do you need from me?

You are safe

This feeling will pass



Taking deep, slow breaths brings us calm

Step 1: Inhale Fully

Place your hand on your belly and pretend you have a balloon inside your belly. Breath in slowly through your nose to fill your lungs and belly. Notice how your belly and chest expands like a big balloon.

Step 2: Hold your breath

Hold your breath in your belly for 4 counts

Step 3: Exhale Fully

Now open your mouth and slowly blow out all the air—letting your belly sink down flat as if deflating the balloon in your belly. Repeat a few times and notice how your breath brings you a feeling of calm.

Teddy bear breathing

Lie flat on your back and place a teddy bear on your belly. Repeat your Belly Breathing steps and see how your teddy goes for a little ride on your belly with each breath.



How can I help my child handle anxiety?



Anxiety is a natural human emotion and a normal reaction to life's stresses. However, when the worry and fear associated with anxiety interfere with a child's usual activities, he or she may have an anxiety disorder.

Anxiety becomes a problem (disorder) when it lasts for a long time each time, and is so intense that it interferes with a child's ability to function socially, academically, physically and emotionally.

Tips to help an anxious child:

- Gently encourage your child to do things he/she is anxious about instead of avoiding it
- Praise and support your child's efforts for attempting to approach a feared situation
- Try to help your child manage anxiety
- Give your child opportunities to observe you handling your own stressful or anxious difficulties in positive and healthy ways
- Teach your child resilience to cope with, adapt to, and overcome challenges

A child with an anxiety disorder will likely show:

Changes in mood

Irritable or unhappy

Cognitive issues

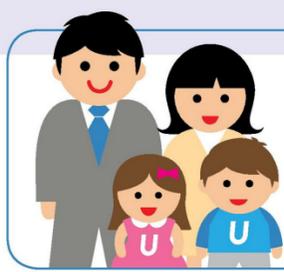
Difficulty concentrating or being easily distracted

Behavioral changes

Avoidance of feared situations, withdrawal or trouble relaxing

Physical changes

Difficulty sleeping, tense muscles, multiple physical complaints, headaches or stomach aches



UCLA CARES Center

It is important for parents to understand when 'normal' types of anxiety may start becoming a challenge for children and to seek the right resources. UCLA's CARES Center offers online resources and programs to help families build resilience and overcome the challenges related to childhood stress and anxiety.

For more health tips, visit uclahealth.org/mattel

it begins with

How can I help my child handle stress?



Stress is the way our bodies and minds react to a particular challenge or situation. By recognizing the signs and symptoms of stress, you can help your child learn to manage his or her responses in a healthier way.

Good stress is a normal part of healthy development. A student may feel anxious about giving a class presentation, but that "good" stress can be used to inspire him or her to focus and prepare for the challenge.

Bad stress is when a child feels so overwhelmed with a problem at home or at school that it interferes with his or her ability to function normally. In these situations, the body activates a "fight-or-flight" response, resulting in heightened focus, strength and alertness.

Signs of stress

- Irritability and moodiness
- Anxiety and panic attacks
- Muscle tension
- Rapid heartbeat and breathing
- Difficulty separating from caregivers
- Frequent headaches and stomach pains
- Sadness and withdrawal
- Sleep problems
- School problems
- Changes in eating patterns

Parents can help

A moderate level of stress is normal, and learning how to manage and overcome stressful situations will enhance your children's ability to cope with stress in the future. Help them learn to be more resilient and to manage the stress that accompanies new challenges by allowing them to feel safe to express their emotions, work on problem-solving skills and practice relaxation techniques. Proper rest, good nutrition and daily routines can help boost coping skills.



20% of children suffer from extreme stress, but only 8% of parents think their kids are stressed.

When to seek professional help



If any change in behavior persists over a period of time, causes serious anxiety, or significant physical or social problems, it's time to seek professional help. Cognitive Behavioral Therapy (CBT) is often used to help children learn stress-management skills and to teach them how to better manage their time and find healthier ways to cope.

For more health tips, visit uclahealth.org/mattel.

it begins with

Coping Skills For Kids



Reading



Breathing exercises



Label the feeling



Positive self-talk



Playing a game



Yoga

Artwork





Financial Support

If you are seeking personal budgeting assistance for you and your whānau at this time here are the services you can contact:

West and Central Auckland: Call VisionWest Budgeting service 09 8180714 or 027 808 5770.

Service hours are Monday to Friday, 8.30am to 5pm. Advice available via text, phone, email or video-call.

North Shore: Call either North Shore Budgeting service 0800 283 238 or North Harbour Budgeting Service 0800 159 158

All areas and regions: Call Money Talks 0800 345 123 and they can connect you with a local budgeting service, as well as providing online chats and advice.

Debbie Griffiths, from VisionWest Budgeting Service, has the following tips for you and your whānau:

- Currently most online applications or call centres are experiencing overloading, but don't give up, keep on trying to get through, there is a wait period wherever you go, but it will get better. We need to remain calm and kind as we're all in the same position
- You can contact your bank and/or creditors to ask what hardship support they are offering at this time
- If you are renting you can contact your Landlord or Tenancy Manager and ask if they are providing any hardship relief.

TIPS TO IMPROVE YOUR FINANCIAL RESILIENCE AMID COVID-19

If your job is in jeopardy and you're not financially prepared

The Covid-19 pandemic and its impact on the economy has many people feeling worried about their financial position, especially because so much has changed so quickly. Some people are focused simply on survival, others are just wanting to stabilise in order to be more financially resilient to weather whatever is around the corner, and others are looking to take advantage of their opportunities. This list of tips is aimed at those who right now are focused on survival. That is, those who have lost jobs, are likely to, or their hours have been cut - and they're unprepared for such a financial shock. Please note this is general advice and therefore not all tips will be applicable to your unique financial situation.

Start with some sums: You need to work out - what is the minimum amount of money you need every week to keep afloat? (already assuming no discretionary spending, which usually accounts for about 20 percent of your household budget) Then you need to know - what savings do you have and how long will they last you based on the figure above?

If the answer is 'not very long' consider the following ways to reduce costs:

- Can you cut your fixed or minimum expenses back further - eg reduce food budget, keep power costs down, after the lock down consider renting out your home and living somewhere cheaper, move in with family
- Can you restructure debt to bring down the immediate cost? eg low interest/zero interest credit card transfer, consolidate short-term debt onto mortgage.
- Consider fixing floating debt to a lower interest rate, to reduce overall interest payments
- Talk to your bank to see if you can arrange a mortgage repayment holiday, or switching to interest-only payments or extending your term to bring down short-term debt costs
- If you're in KiwiSaver and still employed - take a contributions 'holiday'
- Talk to your insurance broker - some insurers allow short-term premium holidays, but only consider if it doesn't disrupt your cover

Then we need to focus on generating cash reserves:

- Are there other ways you can sell your skills other than what you're traditionally trained for?
- What money can you raise by selling non-essential assets
- Work out what access you have to lines of credit – eg credit card, revolving credit, borrowing from family
- If none of the above, discuss an emergency line of credit with your bank
- Are you eligible for the Government package (and will access to that money over the next 12 weeks cover your minimum expenses?)
- Direct cash from KiwiSaver repayments holiday to savings
- Consider whether you can access your KiwiSaver under the 'financial hardship' category
- If considering withdrawing your KiwiSaver, you may want to shift it to more conservative settings. While this 'realises' the losses, it also allows you to be more certain about the amount of money you'll be able to withdraw.'

If you're feeling panicked, consider talking to someone impartial – a friend, a budget adviser or a financial adviser – to help you make clear, calm decisions. Money can be emotional at the best of times, but in crisis you need to be making well-informed choices with a clear head.

STABILIZING & REGROUPING

Tips to Improve Your Financial Resilience Amid Covid-19

There are many people who will be severely financially impacted by the economic implications of Covid-19, and there are many others who aren't necessarily, but they're still feeling a little spooked and wondering what they should be doing to ensure they can withstand whatever is around the corner.

If that's you, there are many things you could be considering. Please note these tips are general in nature - to determine the best option for you would require tailored financial advice, ie meeting with a financial advisor who can review your specific financial situation.

If you're OK for now, but you know you need to be more financially resilient, this list is for you:

- Establish what your life costs - including how much of that is spent on discretionary things and could be cut if necessary, so you know the minimum you need to get by
- Determine how long your current savings would last you in either of those two scenarios
- Consider cutting discretionary spending so you can increase your savings buffer – you want to aim for three months of expenses in reserve, minimum. Discretionary spending typically accounts for 20-percent of a household's budget.
- Consider whether you need to restructure your mortgage to bring your down borrowing costs. However remember while interest rates have fallen, there are fees associated with breaking fixed loans.
- Determine what access to credit you have should you need to call on it – revolving credit, credit cards, family loans
- Delay any non-essential planned large expenses or extra borrowing
- Consider what Government support you might be eligible for if your circumstances change
- Prepare your plan for if your income was to fall or be lost altogether. If your employer cut working days down, how long would your buffer last?
- Consider what non-essential assets you could sell if you needed to – and determine whether you want to action that now or it's just a trigger you can pull if you need to
- Determine whether you should be taking a KiwiSaver contributions holiday to increase your cash buffer (and ensure that cash is actually directed to savings)
- Determine whether you are in the appropriate KiwiSaver fund. This will depend on how soon you need to access the money and your appetite for risk. While shifting to conservative funds will prevent further losses, it also locks them in and may reduce your ability to benefit from an eventual recovery. However depending your time frame and risk appetite, it may still be something you need to consider.

Hannah McQueen is an Authorised Financial Advisor, Chartered Accountant, Personal Finance Author and the founder of enableMe - Financial Personal Trainers

<https://www.enableme.co.nz/>



If you are finding yourself in a situation during lockdown where you are feeling unsafe or finding things hard, please reach out for support. **You are important.** The following supports are a phone call away and available to help you.

Family Action	0800 326 327
Kia Timata Ano Trust, Women's Refuge	021 842 917
Man Alive	0800 826 3672
Respect (NHLWV)	(09) 489 3770
Helensville Women & Family Centre	09 420 7992

Police	111
Police non emergency	105
Women's Refuge	0800 733 843
Hestia Rodney Women's Refuge	0800 321 361
SHINE Women's Refuge	0508 744 633
Are You Ok (Family Violence)	0800 456 450
Alcohol and Drug helpline	0800 787 797
Oranga Tamariki call centre	0508 326 459
Healthline	0800 611 116
Lifeline	0800 543 354 or free text 4357
Suicide prevention helpline	0508 828 865
Anxiety Line	0800 269 4389
Depression Helpline	0800 111 757
Need to Talk free text or call	1737 free text
Safe 2 talk - sexual harm	0800 044 334
Youthline	0800 376 633
0800 What's Up	0800 942 8787
(A counselling service for youth aged 5yrs to 18yrs. Mon-Fri 12pm-11pm Sat/Sun 3pm-11pm)	
The Lowdown (text)	TEXT 5626
Youth help line for anxiety or depression	
www.sparx.org.nz	0508 477279 or text 3110
(computer program for helping young people)	



Helensville Women & Family Centre

Strengthening Women and Families



INCREASING SAFETY. REDUCING VIOLENCE.



Kia Timata Anō Trust