

## PRRA Staff Daily Update – Friday 17 April 2020

Hi everyone – Hope all is well in your bubble!

Updates from [www.covid19.govt.nz](http://www.covid19.govt.nz)

**More information on Alert Level 3 released** (16 April 2020)

The Government has released more information on how Alert Level 3 will work.

<https://covid19.govt.nz/latest-updates/alert-level-3-information/>



### ***Answers to Thursday's Quiz Questions (out of 10)***

***Thanks to Google for the additional information!!***

1. Who is New Zealand's current Minister of Police? Hon Stuart Nash

Hon. Stuart Nash was elected Labour MP for Napier in 2014. He was sworn in as Minister of Police, Revenue, Fisheries and for Small Business in October 2017.

2. Whom was 'Candle in the Wind 1997' dedicated to? Princess Diana

"Candle in the Wind 1997" is a song by Bernie Taupin and Elton John, a re-written and re-recorded version of their 1973 song "Candle in the Wind". It was released on 13 September 1997 as a tribute single to Diana, Princess of Wales, with the global proceeds from the song going towards Diana's charities.

3. Isaac, Taylor and Zac make up which boy band? Hanson
4. What is the Māori name for Westport? Kawatiri

Kawatiri is also the Māori name for the Buller River and means deep and swift.

5. What came first – zips, velcro or buttons? Buttons

Functional buttons with buttonholes for fastening or closing clothes appeared first in Germany in the 13th century. They soon became widespread with the rise of snug-fitting garments in 13th- and 14th-century Europe.

6. Where was the tomb of Tutankhamun discovered in 1922? Valley of the Kings, Egypt

The tomb of Egypt's boy-king Tutankhamun was discovered on November 4, 1922 by English archaeologist Howard Carter.

7. In boxing, who did George Foreman beat to win his first world heavyweight title? Joe Frazier

Joseph William Frazier (January 12, 1944 – November 7, 2011), nicknamed "Smokin' Joe", was an American professional boxer who competed from 1965 to 1981. He reigned as the undisputed

heavyweight champion from 1970 to 1973, and as an amateur won a gold medal at the 1964 Summer Olympics.

8. 9. And 10. (3 points) On the periodic table, what are the symbols for Tungsten, Mercury and Silver? W, Hg and Ag

W (Tungsten was also known as Wolfram. The name tungsten comes from the former Swedish name for the tungstate mineral scheelite, tungsten which means "heavy stone".)

Hg (stands for its Latinised Greek name hydrargyrum, meaning watery or liquid silver)

Ag (from the Latin argentum, derived from the Proto-Indo-European  $h_2erǵ$ : "shiny" or "white")

### ***Friday's Quiz Questions (out of 10)***

There will be a short quiz in each of these updates for the next few days. Please note down your answers and you can score yourself when the answers come out in the next update. Please No Googling - Good luck!

1. Who is the Mayor of the Grey District?
2. Pb is the chemical symbol for which element?
3. What type of chef was in the title of Jamie Oliver's first TV series?
4. Are butterflies more colourful in warmer or cooler countries?
5. Altocumulus is a type of what?
6. In rhyming slang, what financial term is Gregory Peck?
7. How many matches did England win at the 2014 Football World Cup in Brazil?
8. What is COVID-19 short for?
9. Where in New Zealand is the Saint Clair Family Wine Estate based?
10. Which country star featured with Bob Dylan on the album Nashville Skyline in 1969?

### **TOP TIPS TO GET THROUGH (PART 2) (Thanks to the [Mental Health Foundation](#))**

Top tips for looking after mental health and wellbeing during COVID-19 and beyond.

#### **Keep taking your medication**

Don't stop taking any of your regular medication without first talking with your doctor. Phone or email your GP to get any new prescriptions you may need. If you're staying at home and that's throwing off your routine, set reminders to take your medicine when you need to.

#### **If you're currently getting help with your mental health, continue this if possible**

Talk to your GP, counsellor, case worker 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? Write this down so you have it handy when you need it.

### **Stick to your routine (or start a new one)**

Routines sound dull, but they're good for our mental health. 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, do your chores. This will help you to manage your days and adjust when life starts to go back to normal.

### **Explore different ways to relax**

Many of us haven't stretched our 'relaxation muscles' in far too long. It might take a bit of trial and error to find what works for you. Maybe it's lighting a scented candle, switching off with a good book, playing a video game, having a silent disco, talking to a mate, watching [ASMR](#) videos online, reading a book, getting creative and making some art, try our [mindful colouring](#), journaling or watching movies. We all need to find things that help us switch off and reenergise our minds and bodies.

### **Limit the amount of news you follow**

Pick one source you trust (like the Ministry of Health's website) and check it once per day. If you want to keep checking in with news coverage, take notice of how it makes you feel and set time limits or restrict your news sources to just one or two if you need to.

*Our gratitude to the [Mental Health Foundation](#) for this content. Click here for [further reading](#) on looking after your mental health and wellbeing during COVID-19 and beyond.*

**To those who are  
complaining about the  
quarantine period and  
curfews, just remember  
that your grandparents  
were called to war; you are  
being called to sit on the  
couch and watch Netflix.  
You can do this.**

Take care everyone and stay safe!

Best regards  
Michelle