

PRRA Staff Daily Update – Thursday 16 April 2020

Hi everyone – Hope all is well in your bubble!

Quiz

Thanks to Lee for running a quiz for Agency staff yesterday. Well done Paul for achieving the highest score. Lee succeeded in making the questions both hard and easy to cover the spectrum.

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!

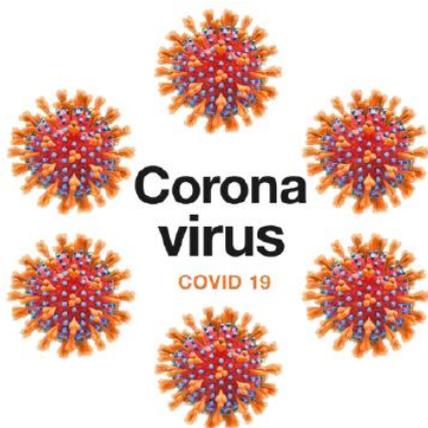
Thursday's Quiz Questions (out of 10)

1. Who is New Zealand's current Minister of Police?
2. Whom was 'Candle in the Wind 1997' dedicated to?
3. Isaac, Taylor and Zac make up which boy band?
4. What is the Māori name for Westport?
5. What came first – zips, velcro or buttons?
6. Where was the tomb of Tutankhamun discovered in 1922?
7. In boxing, who did George Foreman beat to win his first world heavyweight title?
8. 9. And 10. (3 points) On the periodic table, what are the symbols for Tungsten, Mercury and Silver?

Updates from www.covid19.govt.nz

Simplified easy read description of Alert Level 4

<https://covid19.govt.nz/assets/resources/Easy-read-resources/COVID-19-Simplified-Easy-Read-Level-4-COVID-19-information-PDF.pdf>



Good hygiene practices

On their return to work (at the relevant alert level) all staff and contractors at both sites will receive an individual labelled spray bottle of hand sanitizer - see example below. In addition, the Agency is sourcing individual branded and personalised water drinking bottles

and these will also be provided closer to the time. I thank Emma for her work in sourcing these items.



TOP TIPS TO GET THROUGH (PART 1) (Thanks to the [Mental Health Foundation](#))

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

Looking after our wellbeing is essential right now. We can't afford not to do it. Our tips below are based on the [Five Ways to Wellbeing](#) and Te Whare Tapa Whā.

Pick what works for you, adapt it, and keep at it! We're right there figuring this out alongside you and we'll have more ideas, practical advice and ways to connect with us in the coming days.

Find ways to connect

Connecting with others is so 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.

Some ideas to connect include: writing emails that share a favourite memory, playing video games with mates, playing online scrabble or other board games, joining or starting a virtual book club, sharing a favourite karakia or waiata with your friends on social media, having video catch-ups with workmates, calling friends and whānau who are in self-isolation and reaching out to neighbours to ensure everyone has what they need to get through.

Find ways to take notice

Notice the beauty in the world around your home. Take time to feel the sun on your skin, breathe in fresh air whenever you can, make a list of what you're grateful for, take the time to thank someone for how they make you feel, do a mindfulness exercise on YouTube, watch the plants in your home or outside your window growing and changing with each passing day.

Find ways to be active

We know this is a tricky one without gyms or sports but it can be done! Play 'the floor is lava' with the kids, do a yoga class online, try out a new workout on YouTube, go for walks

or runs outside (just stay 2m away from others!), use the cans in the pantry as weights, stretch.

Find ways to give

Give compliments, think about a skill you have 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 – e.g. can you pick up food for a neighbour when you go shopping? Can you help your friends' kids with their English homework via Skype?). Check in on neighbours and members of your community who may need to hear a cheery voice or need a helping hand.

Find ways to keep learning

Staying curious and engaging with the world around you is a great way to uplift your wellbeing. Pick a question you've always wondered about and take some time to look it up. Call your parents or grandparents and ask them questions about life when they were growing up. Research your whakapapa or family tree. Look up stories, myths and legends from different cultures. Discover the name of the iwi, hapu, maunga and awa of the place you live. Download an app like Duolingo and start learning a new language. Ask your tamariki/kids to teach you something they learned at school.

Spend time with nature

While staying at home doesn't mean you have to stay indoors all the time, it might feel safer for you to do so!

Think about how you can connect with nature from your home. Can you bring some nature indoors? Put up pictures of maunga (mountains), whenua (land), moana (oceans) or awa (rivers) that have meaning to you. Have a chat with your pot plants (this really helps them grow!). Listen to nature sounds – birdsong is a lovely background noise while you work. Open the windows as often as you can. Take time every day to feel the sun or the wind or the rain on your skin.

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.

Part 2 of this article will be in tomorrow's update



Take care everyone and stay safe!

Best regards

Michelle