

**APRIL
2020**

WELLBEING PLAN

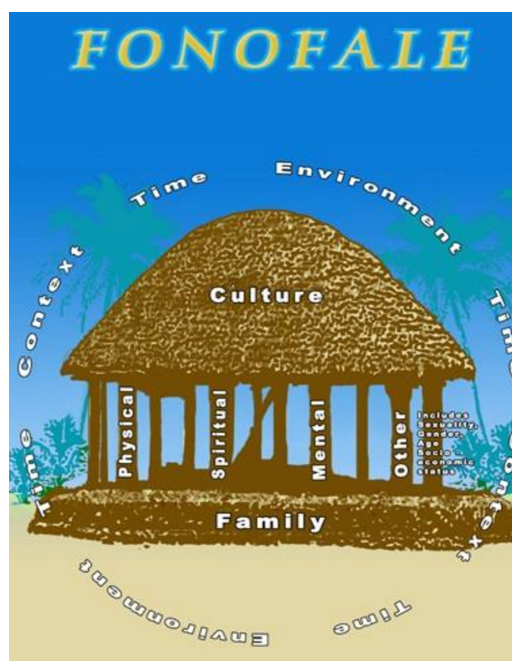
**A RESOURCE DESIGNED FOR
PLAYERS**

Staying on track

When life gets shaken up unexpectedly, our sense of normality and routine can get shaken up with it. Getting back to the basics of what helps keep us grounded and feeling well can be a big help for both our own wellbeing and that of our whānau and friends too. There are a number of different ways of viewing wellbeing, two that are often spoken about are Te Whare Tapa Whā and the Fonofale models below:



The Te Whare Tapa Whā model represents a focus on balancing four key pillars of wellbeing: taha tinana, taha wairua, taha whānau and taha hinengaro. It also references whenua, our connection to the land – a source of life, nourishment and wellbeing for everyone.



The Fonofale is a holistic, Pasifika model of health and wellbeing. It uses the Samoan fale or house to represent the important factors of wellbeing. Each of the dimensions are interrelated with wellbeing being about maintaining and sustaining balance between each.

HOW TO USE THE PLAN

01

Start by asking yourself:

What are 2 pillars that I'm already looking after well?

1. _____ 2. _____

What are 2 pillars that could use some attention?

1. _____ 2. _____

02

Use the top tips and resources to set goals for each pillar. Chat to your PDM or someone you trust about any support you might need to achieve these.

Pillar:

Goal: _____

Goal: _____

Pillar:

Goal: _____

Goal: _____

03

Revisit your plan weekly or at an interval that suits you. Assess how things have gone, what was successful and what was challenging. Change and adapt your plan as you need.



YOU'LL FIND CLICKABLE LINKS THROUGHOUT THE PLAN THAT WILL TAKE YOU TO OTHER USEFUL RESOURCES AND TIP SHEETS.

OTHER KEY THINGS TO NOTE



IF YOU'RE CURRENTLY GETTING SUPPORT FOR YOUR MENTAL HEALTH, KEEP THIS UP WHERE POSSIBLE:

Talk to your GP, counsellor or other support person about how they can continue working with 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.

IT'S OK TO NOT BE FEELING OK

During a time like this where there is lots of uncertainty and routines have been thrown out the window, it's normal to feel overwhelmed or to experience feelings of anxiety. Give yourself time to adjust to the changes and keep it simple where you can.

IF YOU NEED EXTRA SUPPORT

If you're finding things consistently tough and the feelings you're experiencing are feelings too big for you to manage on your own, there are lots of people and places ready and wanting to help. Contracted players can access immediate, free support through NZR's confidential EAP service **0800 284 678**. **Your PDM** is also a great person to talk to about how you are going. They can help you identify any extra supports you might need.

PHYSICAL WELLBEING

Moving your body might not look the same at the moment but consistency is key. Having a routine with your sleep, nutrition and exercise will allow you to maintain progress.

TOP TIPS

- **Work with what you've got:** Explore other ways of maintaining fitness whilst out of the gym. Chat to your trainer or S&C about the most effective training for you during this time.
- **Maintain a routine:** Plan out what days you'll move your body and also when you'll rest. Use a weekly planner so you can see this visually.
- **Consistent sleep:** Where possible try and maintain consistency with your sleep and wake up times even if these need adjusting.
- **Meal prep:** With trips to the supermarket far less frequent, plan your meals ahead and designate an afternoon/evening to batch cook meals to freeze.
- **Be accountable:** Share your plan with a teammate or schedule check-ins with someone you trust. You are more likely to stick to your schedule if you have support from those around you.



QUESTIONS TO PONDER

- What is an area of my physical wellbeing I could focus on now I have more time?
- Where do I usually struggle with routine? Who could I ask for support from?
- How can I create a bedtime routine that supports better sleep? Less screen time, a cut off time for caffeine etc.

- **What** can I focus on this week to strengthen my physical wellbeing?
- **How** am I going to prioritise this and include it in my weekly routine?
- **Who** can I discuss my plan with to help me stay focussed?

HANDY LINKS & RESOURCES

- [Top tips to good sleep.](#)
- [Nutritious recipe ideas.](#)



INTELLECTUAL WELLBEING

Staying curious, exploring and learning new things is a great way to keep your mind active and functioning.

When you learn something new, you strengthen the neural pathways in your brain and develop new ones at the same time.

Research has shown the more time we spend learning the greater our ability to cope with stress is, as well as increased feelings of self confidence, hope and purpose.

QUESTIONS TO PONDER

- Have I read any informational books lately?
- Are there any activities I've wanted to try but just haven't had the time e.g. learn a new language, learning a new instrument?
- Are there any online classes I could enrol in?

IDEAS AND TIPS

- Sign up to a short online course and use your downtime to complete it.
- Exercise your mind by doing activities that challenge you to think such as crosswords or sudoku.
- Explore other ways of ingesting new information such as podcasts, audiobooks or TedTalks.
- Pick a question you've always wondered about and take some time to look it up.



- **What** can I focus on this week to strengthen my intellectual wellbeing?
- **How** am I going to prioritise this and include it in my weekly routine?
- **Who** can I discuss my plan with to help me stay focussed?

HANDY LINKS & RESOURCES

- [TedTalks.](#)
- [Podcasts.](#)
- [Online courses.](#)



EMOTIONAL WELLBEING

Looking after our emotional wellbeing is especially important during times of high stress. The strategies that work can vary between each of us but most simply it comes down to three things:

01

Doing the things that bring us joy and having moments to pause.

Scheduling time out: Block out time in your diary that is just for you. Use that time to do something you enjoy.

Practicing mindfulness: Mindfulness is about giving our minds a rest from thinking. You could do this by meditating and focusing on your breathing for a few minutes

02

Focusing on the 'now' and checking in with your thinking.

Taking notice of your thoughts: It's easy to get caught up in a snowball of worries. Try writing them down, decide what you can influence and make a plan of how you can do so. Let the other worries go.

WHAT CAN AND CAN'T I CONTROL?

03

Having a 'toolkit' of strategies that successfully help us cope with stress.

Know your support crew: Identify who your 'go to' support people are and make a conscious effort to check in often.

Fill your 'toolkit': Knowing what strategies work for you when it comes to tough times, and using them early, can make all the difference.

CAN:

- How much news I read & watch.
- The time I spend on social media.
- Where I direct my energy.
- How I handle my own emotions.
- How I look after myself.
- The decisions I make.

CANT:

- The behaviour of others.
- Other people's decisions.
- Unexpected events or situations.

- **What** can I focus on this week to strengthen my emotional wellbeing?
- **How** am I going to prioritise this and include it in my weekly routine?
- **Who** can I discuss my plan with to help me stay focussed?

HANDY LINKS & RESOURCES

- [Gratitude journal template.](#)
- [Coping with stress tips.](#)
- [AuntyDee.co.nz](#)



SOCIAL WELLBEING

Strong relationships with others are an essential part of building resilience and boosting wellbeing.

Despite the normal ways of connecting being out of action a little while, there are still lots of great ways you can have meaningful connection with your mates and whānau.

Maintaining connection with those you're close to and the wider community can help strengthen our support network, especially when times get tough.

Working as a team with those you're self-isolating with to identify each person's needs over the next while can also help with expectations, how much space do individuals need? What are the best ways to communicate with each other?

For some people home can sadly not be a positive or safe place. If you're feeling worried or concerned you can check out the [Relationships Resource](#) for advice on where to get support.



TOP TIPS

- **Reflect:** We each have different ways of coping in difficult times. Reflect on why you might have a stronger or more relaxed reaction to this situation than others e.g. what have your previous experiences of uncertainty been like?
- **Share:** your wellbeing plans and your worries with those close to you, invite them to do the same.
- **Plan time together and time apart:** try and include a balance of both to give everyone options.

QUESTIONS TO PONDER

- Is there someone I could call that I haven't spoken to in a while but have been meaning to?
- Am I more introverted or extroverted? What forms of socialising bring me energy?
- What are some ways of connecting with my household that don't require technology? Board games, jigsaws, baking etc.

- **What** can I focus on this week to strengthen my social wellbeing?
- **How** am I going to prioritise this and include it in my weekly routine?
- **Who** can I discuss my plan with to help me stay focussed?

HANDY LINKS & RESOURCES

- [Relationships Resource](#)
- [Tips for doing tough times better](#)



SPIRITUAL WELLBEING

Spiritual wellbeing describes the capacity to have faith, and to recognise the links between you and others and the world around you.

When we talk about spiritual wellbeing, it doesn't necessarily mean having a religious belief, although for some this is an important part of spirituality.

Spirituality is also reflected in places we feel a connection to, the place you grew up, the beaches you surfed, a place of worship such as a church, lakes, mountains and rivers can all have significance.

Maintaining your connections to these things as well as social groups such as whānau, friends, youth group or church leaders, your unit, hapu or iwi can all be a powerful support during challenging times.

QUESTIONS TO PONDER

- What are the ways I currently connect with my community or environment?
- What are the things that make you feel energised and motivated in life?
- What are your core values, those things you won't compromise on?



TOP TIPS

- **Research** your whakapapa or family tree, have conversations with other members of your whanau and see what you can learn.
- **Identify** the things that motivate you and give you purpose. Write them down or verbalise them to someone you trust.
- **Explore** some of the things that make you feel connected to the environment or those around you, listening to music, spending time in nature or learning something about a loved one.

- **What** can I focus on this week to strengthen my spirutal wellbeing?
- **How** am I going to prioritise this and include it in my weekly routine?
- **Who** can I discuss my plan with to help me stay focussed?

HANDY LINKS & RESOURCES

- www.leva.co.nz
- [Exploring ways to wellbeing](#)



WHERE TO SEEK ADDITIONAL HELP

The list below are all great places to start if you need more support.

EAP

The **Employee Assistance Programme (EAP)** is a fully confidential and free service that all NZR/SR/PU staff/contracted players and their immediate family can access to get support for their mental health and wellbeing. It is staffed by trained counsellors and psychologists who will support you with anything from stress, anxiety and depression through to relationship difficulties and grief. You can arrange an appointment online by visiting **www.instep.nz** or free phone **0800 284 678**.

GP

If you're noticing that you or someone you know is experiencing stress or distress symptoms that are sticking around over days or weeks, then getting in touch with your GP is a good place to start.

PDM

Your PDM is a great person to talk to about how you are going and seek advice or support on either your wellbeing or other general areas you might like help with. They can help provide options on things like finance, study, community work etc.

1737 HELPLINE

1737 is the national free to call or text helpline number. The service is staffed with fully trained counsellors and is available 24/7 for advice or support on anything to do with mental health and wellbeing.

WHANAU, FRIENDS, COMMUNITY

During times of stress and worry, connecting with those existing supports around you is one of the best ways to support both yourself and those you care about. Be proactive in reaching out, creating space to spend time with your loved ones and talking about what you're thinking and feeling.

For more info go to: www.HeadFirst.co.nz:

OTHER HANDY LINKS

Exploring ways to wellbeing, Mental Health Foundation NZ:

<https://mhaw.nz/assets/MHAW-2019/Individual-explore-pack.pdf>

Getting through isolation together:

<https://www.allright.org.nz/campaigns/getting-through-together>

Live Sorted. Tips around finances:

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

Real-time resilience strategies:

https://n7j3d7s4.stackpathcdn.com/wp-content/uploads/2020/03/Real-time-Resilience-Strategies_compressed.pdf

Le Va. Resources for Pasifika families:

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

Staying sane and kind with the people in your bubble:

https://n7j3d7s4.stackpathcdn.com/wp-content/uploads/2020/04/PDF-Not-Killing-Nigel_Staying-sane-and-kind-in-your-bubble_20200331_1.0.pdf

Start, Stop, Keep. How to nail working from home:

<https://limber.nz/stories/2020/3/22/covid19>