

# Helping Frontline Workforces with Stress



Consider the Hauora Strategies you could employ for your Wellbeing:



Rest and respite during work or between shifts

Healthy Kai



Physical activity, meditation

Staying in contact (phone, facebook or virtually) with whānau and friends



Avoiding tobacco, alcohol or drugs

Talking to people for support



Using what worked in the past to manage stress will benefit you now

Te Rau Ora: Helping our frontline workforces deal with stress

<https://terauora.com/our-work/public-health/coronavirus-covid-19/>

Feeling stressed is a normal feeling and response to COVID 19  
Managing your stress and overall wellbeing will be as important  
as the work you are doing!