



## Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

### Video animation transcript: COVID-19: Work stress and burnout

[Introduction]

Audio	Visual
[Background music plays throughout the video]	
[Narrator] Getting back into the swing of things at work, especially after COVID, can lead to burnout.	On a white background, a title is displayed: COVID-19: Work stress and burnout  The title fades, and we see Anahera at work. She's a receptionist at a busy office, taking a call and typing on her computer.
[Narrator] You might be juggling the school run, sport, shopping, socialising, ALL while getting your job done. It can be exhausting.  [Anahera] It is!	Anahera drives her three kids to activities, stands and cheers at her son and daughter's football match, looks at a box of frozen food at the supermarket, meets a friend for coffee, and then is back at her desk at work.

[Tips to avoid stress and burnout]

Audio	Visual
<p>[Narrator] So here are some tips to avoid stress and burnout.</p> <p>[Jenny] I don't check emails after hours. And I have a separate phone for work.</p>	<p>Jenny holds her phone in her hand and walks across her home office.</p> <p>On the lower part of the screen, text appears: Set boundaries</p>
<p>[Ngaire] Find some down time in your day to stretch, eat and refocus.</p>	<p>Ngaire walks in her garden. Her mum Agnes is sitting inside the house.</p> <p>On the lower part of the screen, text appears: Take breaks</p>
<p>[Ngaire] If you're sick, just stay home. Don't be tempted to work.</p>	<p>Ngaire stands in her home, coughing.</p> <p>On the lower part of the screen, text appears: If you're sick, stay home and rest</p>
<p>[Henare] Taking a decent break throughout the year is a great way to rest and recharge.</p> <p>When a holiday's booked, you've got something to look forward to.</p>	<p>Henare sits in a deckchair at the beach, with sea and sand behind. His kids play/swim nearby.</p> <p>On the lower part of the screen, text appears: Use your annual leave</p>
<p>[Jenny] If there's too much on your plate, speak to your manager.</p>	<p>On the left side of the screen, Jenny is at home. She's chatting on the phone with her manager (Steve), who appears on the right side of the screen.</p> <p>On the lower part of the screen, text appears: Review your workload</p>

Audio	Visual
<p>[Koro] Ever since I upped the exercise I've been sleeping like a baby. I'm much more focused at work.</p>	<p>Koro stands beside an indoor swimming pool, drying himself with a towel.</p> <p>On the lower part of the screen, text appears: Get enough sleep and exercise</p>
<p>[Lily] Yoga and breathing clear my thoughts and help me stay calm.</p>	<p>Lily sits cross-legged on a yoga mat in her bedroom.</p> <p>On the lower part of the screen, text appears: Try yoga, prayer or mindfulness</p>
<p>[Narrator] If something's bothering you, talking about it can help.</p>	<p>Anahera sits/lounges on the sofa at home, chatting with Henare.</p> <p>On the lower part of the screen, text appears: Talk to someone</p>
<p>[Narrator] You can also look to te whare tapa whā to support your wellbeing.</p>	<p>Anahera sits in the kitchen looking at her phone. She's looking at the Health Navigator NZ web page on te whare tapa whā.</p> <p>On the lower part of the screen, text appears: <a href="https://hn.org.nz/te-whare-tapa-wha-and-wellbeing">hn.org.nz/ te-whare-tapa-whā-and-wellbeing</a></p>

## [Helplines]

Audio	Visual
<p>[Narrator] If you feel you're not coping, help and support is available.</p>	<p>A blue screen with a whiteboard appears. The board is titled Helplines.</p> <p>The helplines are listed below the heading:</p> <ul style="list-style-type: none"><li>• Healthline 0800 611 116</li><li>• Call or text 1737</li></ul>
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none"><li>• Health Navigator New Zealand logo</li><li>• <a href="https://www.hn.org.nz">Hn.org.nz</a></li><li>• Te Whatu Ora   Health New Zealand logo</li><li>• Benchmedia logo</li></ul>