



# Questions for Families and Whanau during the COVID-19 Lockdown

How are you coping?

## Te Taha Hinengaro (mental well-being)

- ◆ How are you finding the time to do the things you enjoy?
- ◆ How would you know you are coping? How would you know if you weren't coping?
- ◆ If you have an existing mental health condition:
  - Are you on medication? Do you have access to medication?
  - How often do you have contact with your mental health support person?
  - Who can you contact in the event of an emergency?
  - Who are your support people?

## Te Taha Tinana (physical well-being)

- ◆ What kind of meals are you having?
- ◆ What things may keep you awake at night?
- ◆ What sort of exercise are you doing?
- ◆ How do you find time for yourself?
- ◆ If you need medication, where would you get it?

## Te Taha Whanau (family well-being)

- ◆ How are you managing to organise your day?
- ◆ How do you stay connected with whanau, friends and social groups?
- ◆ What support are you getting from your whanau?

## Te Taha Wairua (spiritual well-being)

- ◆ Where are you from? How long have you been here? Where do you feel a sense of belonging?
- ◆ What things are you passionate about?
- ◆ How are you feeling about yourself?
- ◆ What access do you have to your place of worship?
- ◆ What goals do you have while you need to stay at home?

What can we do right now to make things easier for you?