



I AM LIVING WITH MANAWA PĀ/TRIGGERED THOUGHTS AND EMOTIONS

Living through the impacts of COVID-19 has triggered new and old manawa pā/distressing thoughts for me.

I could be feeling mānukanuka/anxious, matakū/afraid or having trouble managing obsessive thoughts or compulsions now that we have moved down the alert levels.

I NEED...



MY WHĀNAU AND FRIENDS TO STAY IN TOUCH AND VISIT ME. I MIGHT BE AFRAID TO LEAVE THE HOUSE OR NEED SOME HELP WITH THE BASICS



TO BE HEARD AND HAVE MY FEELINGS VALIDATED BY OTHERS, WITHOUT THEM TRYING TO 'FIX' ME OR SAYING I SHOULD JUST BE POSITIVE, HAPPY OR MORE PRODUCTIVE



A SAFE SPACE JUST FOR ME, SUCH AS A COSY CORNER OF A ROOM WITH MY FAVOURITE THINGS OR A QUIET PLACE TO REFLECT, TO HELP ME REGAIN BALANCE AND DISTRACT ME FROM MATAKŪ/FEAR

Want to know how you can support someone you care about? [Click here](#) to read some mātauranga/words of wisdom from people who've lived and are successfully managing their way through mental distress and trauma.