



I'M FEELING TĀMOMI/ OVERWHELMED BY MIXED EMOTIONS

Moving down the alert levels has brought up mixed emotions for me. I'm delighted to be getting back to my routine and seeing my whānau and loved ones again, but I also have manawa pā/anxious thoughts and feelings around being back in the 'normal' world day-to-day.

I could be feeling overwhelmed about being tūmatanui/out in public spaces or back at my workplace, or manawa pā/anxious about socialising or facing fears that I avoided during the higher alert levels.

I NEED...



FOR OTHERS TO REDUCE THEIR EXPECTATIONS OF ME. MANY PEOPLE WILL BE HAVING A HARD TIME RIGHT NOW AND I DON'T NEED TO PERFORM AT A SUPER-HUMAN LEVEL OR JUSTIFY MY FEELINGS – MAKING ME FEEL LIKE I DO WILL ONLY MAKE ME FEEL LIKE A FAILURE.



FOR MY FRIENDS AND WHĀNAU TO THINK ABOUT OTHER WAYS WE COULD GET TOGETHER. IF I FEEL ANXIOUS ABOUT BEING IN LARGE SPACES, COULD WE MEET AT A SMALL LOCAL PARK? IF I'M LIVING WITH COMPULSIONS, COULD WE MEET AT MY HOUSE WHERE I FEEL SAFER?



FOR PEOPLE TO RESPECT MY COPING STRATEGIES AS VALID FOR ME. I MAY WANT TO WEAR GLOVES OR A MASK OUTSIDE, KEEP A TWO-METRE DISTANCE FROM OTHERS OR NOT DRINK ALCOHOL RIGHT NOW, AND THESE STRATEGIES ARE HELPING ME TO GET THROUGH.

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.