

ARE YOU FEELING STRESSED?



MEET AROHA

A chatbot to help young people cope with stress



Aroha

#coronavirus #covid19nz #coronavirusnz

- Aroha is an informational chatbot available through Facebook Messenger.
- Includes evidence-based activities for managing stress.
- Gives practical ideas to maintain social connections, stay calm, active and well.



STAY CONNECTED

Ways to keep connected with friends & whanau inside and outside your bubble.

CALMING ACTIVITIES

Activities to calm your breathing and relax your body.



SPIRITUALITY

Ways to support your wairua.

DISTRACT YOURSELF

Fun activities to take your mind of worries and improve your mood.



PRACTISE GRATITUDE

Ways to help you focus on the good things still in your world.

GET ACTIVE

Practical ways to stay active and physically healthy in your bubble.



GET EXPERT HELP

Get some extra help from trusted adults and those in the know. Find out about good sources of information.

GENERAL TIPS

Tips for self care, keeping a good routine, protecting your sleep and staying safe.

