# Cohabits http://tiny.cc/aroha

## ARE YOU FEELING STRESSED?

#### #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.

#### RACTISE GRATITUDE

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

#### GET ACTIV

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.

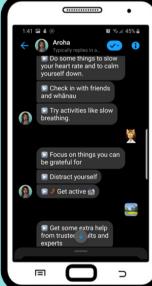
#### **GENERAL TIPS**

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

### MEET AROHA

A chatbot to help young people cope with stress







A BETTER



#### MEDICAL AND HEALTH SCIENCES



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