



NEW ZEALAND FOOTBALL

WELLNESS | MANAGING WELLNESS IN CRISIS

We are currently experiencing a very testing time with COVID-19 and we will all react in different ways to this rapidly changing way we; work, play, exercise, socialise and live, as we navigate through this. Each of us needs to look at how we are going to look after our own hauora (wellbeing) and that of our whanau or housemates within our current bubble, as we get through this together.

WHAT IS WELLNESS?

Wellness – refers to your physical health, a state of being healthy and well in both body and mind. An interconnected and changing growth process including; physical, mental, social and emotional wellbeing whilst avoiding illness, injury and disease.

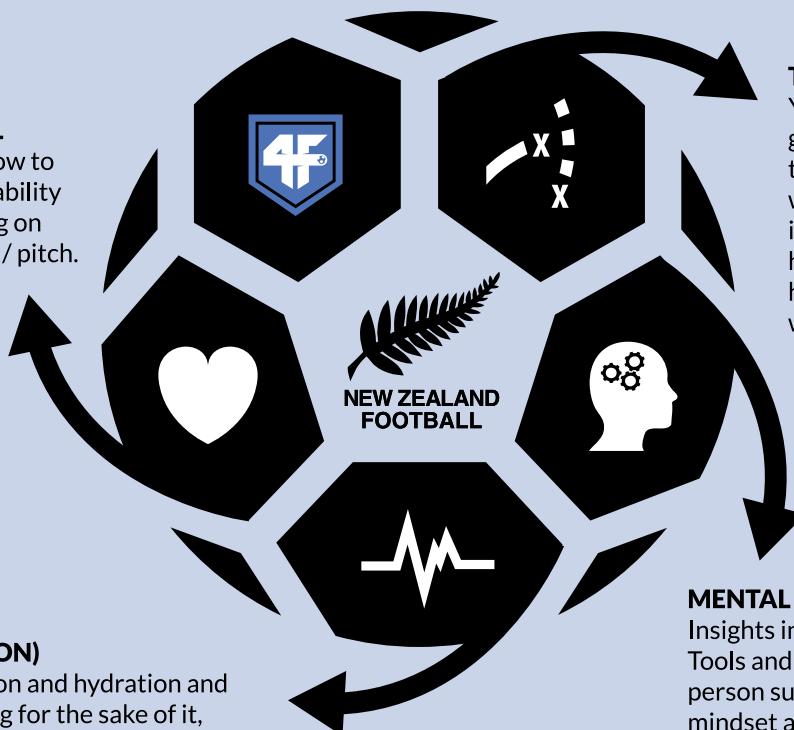
Settling into a new way of living and working will provide varying challenges, may test some of us more than others and impact on our wellbeing.

WELLNESS

Below is our 4 corner approach to wellness at home, to support you through these changing and challenging times. We would like our Football Family to feel included, connected and supported in this period of isolation. Our ambition is for us all to stay healthy and well, ready to tackle whatever comes next or how we return to our 'normal' way of life when this time comes.

SOCIAL & EMOTIONAL

Family Fun / Flat Fun. How to keep sane and have the ability to hit the ground running on your return to the office / pitch.



PHYSICAL (& NUTRITION)

Tips and tools on nutrition and hydration and keeping active, not eating for the sake of it, establishing a routine, home workouts and much more.

TECHNICAL & TACTICAL

Your wellness introduction guide to setting yourself up in the best possible way for the weeks ahead. Quick tips for isolation wellness, work hours, desk set up at home, having breaks, managing time, work, life, balance.

MENTAL

Insights into mental wellness at home. Tools and resources to support each person such as resilience, positive mindset and how to remain calm and composed in these times of uncertainty and stress.



The tactical and technical pillar focuses on our occupational and/or workplace wellness and how we set ourselves up for success to work well from home.

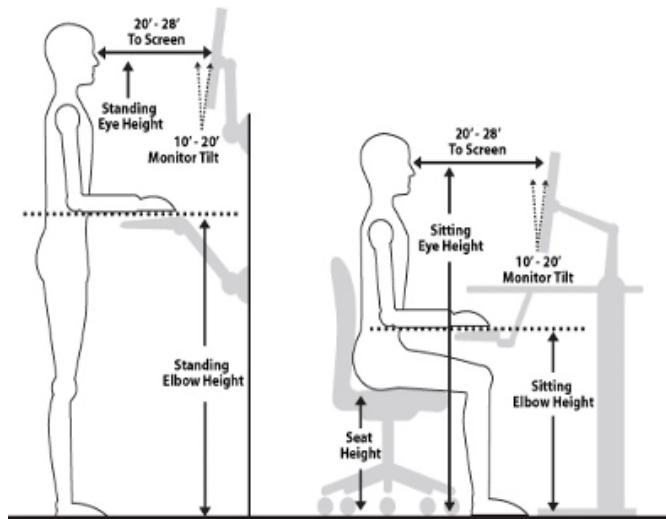
Helpful Hints

1. WORKSTATION

Over the next few weeks your workstation will play an important part in your working mood and productivity (happy or moody, injured or sore, productive or not). We each need a space where we feel comfortable and have the ability to perform.

All workstations are different. Whether standing or sitting at your workstation, the most important thing is not to stay in one position too long. Take a 5 minute micro break every hour; stand up, walk around or stretch. A great exercise to help tight/sore muscles (from poor posture that might arise with a makeshift workstation) is the 11+ Kids spiderman series.

<https://bit.ly/3ao0IDb11KidsSpiderman>



Ensure you set yourself a work schedule and set your work hours for the working day and working week. Be careful not to continually work past these timeframes. It is common when working from home to work additional hours in a day or week. Have clear guidelines for when to work and when to call it a day. This will assist with maintaining work-life balance.

3. CREATE ROUTINE

What in your morning routine delineates the start of work? Create a morning routine that ends with you starting work. It might be making a cup of coffee, it might be getting dressed (wearing pyjama pants to work is a perk for some, but a bad strategy for others).

End your work day the same way, with routine. Create a habit that signals the close of the workday. Plan an activity that takes place at the end of the work day. It might be an evening dog walk or the 'Stay Fit4Football' fitness programmes, do it consistently to mark the end of working hours.

4. TAKE A BREAK

Schedule breaks in your work day, as you would at your office, schedule them and take them. Give yourself adequate time during the day to walk away from the computer screen and phone. Ensure you're getting up and moving, getting fresh air and fluid.

Don't short-change yourself during breaks, take breaks in their entirety, especially your lunch break. If you normally cheat yourself, set a timer on the screen when you take a break.

5. KEEP A DEDICATED OFFICE/WORK SPACE

Dedicate a desk and some peripherals only for work use to define your space and assist in separating work and home scenarios. A good example is when your laptop is hooked up to the monitor and external keyboard, it's work time. When it's on your lap, that's personal time.

6. GET INNOVATIVE

Now's the time to get creative and innovative with your work and thought patterns. Think outside the square and bring new and exciting ideas to the table. Share and bounce ideas with colleagues.

7. COMMUNICATE

Communicate with colleagues via different networks and methods. Share ideas, review and reflect and then share again. Don't be afraid to let your team know if you are finding this situation hard, indifferent or otherwise.

8. ONLINE TIME

Don't get zoomed out. Manage the time that is spent engaging in online conferencing, meetings and calls. These can be draining. The aim is to find a balance between screen time and non screen time across a day or a week.

9. SET GROUND RULES WITH THE PEOPLE IN YOUR SPACE

Set ground rules with others in your home or who share your space with for when you work. If you have children or flat mates, they need clear rules about what they can and cannot do during that time or within your work space.



EMOTIONAL & SOCIAL WELLNESS AT HOME

We are social animals and need connection and stimulation. Our social and emotional wellbeing is important for overall health and wellbeing.

Helpful Hints

1. STAY CONNECTED

Remain social and stay connected in a variety of different digital ways with your family, friends, team mates and colleagues. Connecting with others is important, helps us feel safe, less stressed or anxious. If you are feeling low or nervous, reach out and communicate your feelings to those close to you.

- Check in on family and friends that may be in isolation alone
- Socialise digitally
- Be positive – turn your mind set to make the best of bad situation scenario
- Spend time with family and housemates that are within your isolation bubble
- Laughter is medicine, create fun and opportunities for laughter

2. GET FRESH AIR

Your brain and body need fresh air and sunlight. Ensure you are getting outside your four walls each day and enjoying some vitamin D for at least 20mins per day. Pick off some outside tasks around the house in the weekends.



MENTAL WELLNESS AT HOME

We all need to remain balanced in times of uncertainty and be able to find our inner calm and to get through. Times like these test our resilience and mental wellness. Adding positivity is essential. It can be tough times right now for some people with this additional stress and anxiety, we don't have all the answers but a few helpful hints below.

Helpful Hints

1. CREATE A ROUTINE

Having a routine for yourself and those within your family group or bubble. This includes work and play hours. By doing this you can add in fun elements to give you something to look forward to at various times. Within this routine ensure you are doing the basics each day; open all curtains and let the light in, shower and get ready for the day as you normally would.

2. COMMUNICATE

Make sure you communicate daily both within your household and outside your household. Aim to communicate via video calling or digitally. The less face to face time we have with people the less they know how to interpret you as a person and therefore know if you are struggling.

- Aim to do something nice for someone each day

3. BREATHING & MINDFULNESS

Use breathing techniques to add calm into your day and practice mindfulness.

- For some additional reading for good mindfulness practices, resilience and breathing techniques <https://www.healthline.com/health/box-breathing>

<https://www.verywellmind.com/the-benefits-and-steps-of-box-breathing-4159900>

<https://www.skillsyouneed.com/ps/resilience.html>

4. TAKE ADVANTAGE OF THE PERKS

A key perk in working from home is avoiding traffic and travel time. Use this time to do something for you and/or those within your bubble. Enjoy this time because you can. This time could be used to; exercise, bake, play with your kids, read a book.

5. GETTING SUPPORT

If you're currently getting help with your mental health, continue with this as best you can in these changing times. Talk regularly with your mental health practitioner or team on how they can best support you in these indifferent times.





PHYSICAL WELLNESS AT HOME

Having physical activity and exercise in our daily life is essential for both physical health and mental wellbeing. We need to ensure our body's systems and structures are being exerted each day. For health and wellbeing we should be aiming for a minimum of 30mins a day of cardiovascular type activity.

Helpful Hints

- Have a daily or weekly exercise routine - write down and set out your plan, put it on the wall or fridge and live to it
- Get outside, get fresh air. Exercise in your local neighbourhood (walk, run, bike ride) within the current COVID-19 parameters
- Create exercise or physical challenges with your whanau or housemates to stay motivated
- Play games and sports with your kids
- Eat well (healthy, balanced diet that includes variety and loaded with fruit and vegetables). Manage meal portion sizes if physical activity has declined
- Find an online training programme or app for additional motivation. Follow NZ Football to 'Stay Fit4Football' with great training and fitness motivation coming soon

With several weeks ahead for COVID-19 isolation, make sure you provide yourself with some variety week to week in all of the above areas of wellness. Connect with friends, family and colleagues to collaborate on ideas for variety, be ambitious and push yourself to do something different or better or set goals for yourself each week. Ensure you respect others time and space and level of wellbeing in these testing times.

Unite and support one another. Stay home, stay healthy, be safe and go well.