

Maintaining Wellbeing over Sentencing and Media Coverage

Increased media attention on the Christchurch attacks may be distressing for you and your family. You might feel a lot of different emotions over this time.

Take a moment to think about things you know have helped you in the past, and try to put these in place. Below are some ideas of ways to help you get through:



Have Good Supports Around You

- Invite someone you trust and feel safe with to be with you.
- Talk to people about how you are feeling.



Be Mindful of Children

Media coverage can be distressing and not appropriate for children to view or listen to.

- Arrange for temporary childcare or for your children to have a play date at a friend's house to give yourself some space.
- You may have teenagers or young adults who are closely following media reporting. Watch for signs of distress including withdrawal and changes in behaviour. Encourage them to talk to a trusted adult about what they are thinking and feeling.



Take Care of Your Body and Mind

Taking care of your physical health can really help with managing stressful times.

- Eat regularly and drink lots of water. Try not to have too much caffeine and junkfood.
- Stick to your routines and take breaks when you can.
- Have a good sleep routine.
- Go outside for some fresh air.
- Pray or listen/read some Qur'an.



Take a Break from Media

There is likely to be a lot of news coverage and activity on social media about the hearing. Remember you have the choice to stop watching or reading at any time. Choose what to read and watch.

- Limit your time on social media and the news to give yourself a break.
- Avoid reading comments or people's posts as these can be very emotional and have strong and upsetting views.
- Encourage young people to unplug and take breaks from social media.

Use Self-soothing and Grounding Techniques

If you are feeling physically or emotionally overwhelmed, you can try a few things to soothe your body and bring yourself back to the Here and Now:

- Notice 3 things you can feel, hear, see, smell, and taste.
- Have things with you that soothe you, e.g. aromatherapy oil, coffee beans, dhikr beads. Make yourself a hot drink, squeeze a stress ball.
- Prayer can be soothing, grounding, and help to re-focus and give us strength. Make wudu in cold water to stimulate your senses.
- Exercise can help.
- If you are tense, tightening then loosening your muscles will help.
- Try taking slow, deep breaths in and out.



Be Kind to Yourself

It's normal to feel a lot of different emotions.

- Don't be hard on yourself if you feel like you have gone backwards.
- Take time to do things you enjoy and plan for some of these.



Ask for Help

Reach out and let people know if you or someone you love is struggling. Call **1737** for confidential counselling anytime.

Contact your General Practitioner.

For more ideas and wellbeing advice, visit <https://www.resilient.org.nz/>