



Health Navigator New Zealand website

Video animation transcript:

COVID-19: Mamafa ke he manamanatuaga mo e nakai fahia ha ko e gahua (COVID-19: Work stress and burnout)

00:00

Ko e liu ke he tau puhala fa mahani ke he gahuaaga, muaatu ka mole laia e gagao COVID, maeke ke moua e nakai fahia.

00:05

To liga ke tau hapohapo a ko e he uta tau fanau he aoga,

00:07

sipote,

00:08

fakafua koloa,

00:09

fakafiafia aulua mo e tau kapitiga,

00:10

taute OTI he magaaho ka gahua foki a koe. To maeke ke logona e ai fahia.

00:14

Mooli!

00:15

Ti ko e ha e falu talahauaga mitaki ke kalo kehe mai ke ua mamafa e manamanatuaga mo e nakai fahia.

00:18

Nakai fa onono a au ke he tau tohi hila (emails) ka mole e tau tula gahua. Mo e kehe haaku a telefoni ke lata mae gahua.

00:23

Kumi e taha magaaho he haau a aho ke faofao, kai mo e fakafoou e tau manamanatuaga.

00:27

Kaeke ke tatalu a koe, nofo a koe he lotokaina. Aua neke fia ohooho ke gahua.

00:30

Ka fano a koe ke okioki he taha magahala he tau ko e taha puhala mitaki lahi ke okioki mo e liu moua e taha malolo foou.

00:34

Kaeke kua fakamau e taha magaaho ke okioki, to fai mena a koe ke haggao atu ki ai.

00:38

Kaeke ke loga lahi e haau a tau lavelave, fakatutala mo e haau a takitaki (manager).

00:41

He tali mai he magaaho ne malikiti hake e au e haaku a tau faofao tino kua mahani tei au ke mohe tuga e tama mukemuke. Maama mitaki mai e manamanatuaga he gahuaaga.

00:45

Ko e taha feua yoga mo e tau puhala fafagu ne maeke ke moua e maamagia he tau manatu haaku mo e maeke foki ia au ke logona e milino.

00:48

Kaeke ke fai mena ne fae tauhele atu ke he haau a manamanatuaga, tutala haggao ke he tau mena nei ke maeke ia koe ke logona e mainei.

00:52

Maeke foki ia koe ke kumi atu ke he te whare tapa whā ke lagomatai aki haau a levekiaga ke malolo.

00:55

Kaeke ke logona e koe kua nakai fahia, fai lagomatai mo e levekiaga ne maeke ia koe ke moua.