


Maintaining your mental wellbeing during Alert Level 4

Sir John Kirwan, Willie Apiata VC, Dr Fiona Crichton, and WO1 Mark Mortiboy have provided advice for maintaining our mental wellbeing during the COVID-19 pandemic.

This is a great resource for everyone across the NZDF community in these changing times.

NZDF Mental Wellbeing Panel

You can also watch the video on Youtube (<https://www.youtube.com/watch?v=9ZlBj7AllbQ&feature=youtu.be>) 

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Tags

[New Zealand Defence Force \(https://www.veteransaffairs.mil.nz/news-events/articles/?tag=11\)](https://www.veteransaffairs.mil.nz/news-events/articles/?tag=11)

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