



When you are no longer able to change a situation, you are challenged to change yourself. That changes everything.

CHANGE, CHOICE & COPING



As a population we have been subject to more information in recent months, from a raft of sources, (government, workplaces, regional authorities, media, schools to name but a few) than we often have the capacity to process. It has become apparent very quickly that in general the human psyche does not deal well with the unknown, especially when it has the potential to cause great disrupt.

However, as an individual you do still have the **power of choice** and this indeed can be highly effective as a coping mechanism.



CHOOSE TO SEEK ONLY RELEVANT AND TRUTHFUL INFORMATION

Unless you are a conspiracy theorist, and times like these certainly brings them out, the official data and reports generated by our government, led in part by the World Health Organisation is a source of reliable information. Go direct to these sources to find accurate information about the current state of events if this is of interest to you.

[Ministry of Health](#)

[COVID.govt](#)

[WHO](#)

It is important to be well informed but only if the data is accurate and not embellished by external parties. This is particularly true when relying on popular media for insights into the impact the current situation is having on industry, the economy & more importantly individual lives. The closer these impacts are to you personally – the bigger effect misinformation has.

When we hear the sad stories of families and people impacted by COVID-19 it is all too easy to put ourselves in those shoes and internalise the negative fear. If you are not in those shoes worrying about being so is wasted energy. Worry only when there is a need to do so. Empathy and compassion are far more useful emotions than worry.

Likewise, the impact on the tourism industry is great and wide-reaching & many people are directly reeling from this. The effects have undoubtedly reached some of the student population, particularly those in the internship phase of study, but there are solutions to this problem and the support from college to navigate this hurdle will be complete and exhaustive. It is easy to dwell on the negative but dig a little deeper

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and you will find a positive outlook for a stronger, considered and sustainable tourism sector that will regenerate and wholly represent the philosophy of New Zealand's clean green image, which in recent years had lost much of its mana.



CHOOSE TO FORM YOUR OWN OPINIONS

Once you are armed with solid information and a perspective that considers all angles of a story or situation you are suddenly well placed to form your own opinions on things. Our family, friends, and contacts inevitable play a role in shaping and guiding key principles but we should all question what we are asked to believe and ensure it sits well with our values. As adults it is important to begin the process of making informed decisions based on your opinion – not on those of others. It is empowering and reassuring to know that you are following a pathway you wish to take which in turn leaves you with the freedom of thought to focus on the important tasks ahead.



CHOOSE TO ACCEPT THE CHANGE AND REFRAME YOUR PATHWAY TO ADAPT

A major cause of stress and anxiety is change. We are creatures of habit and change challenges our normal and ordered existence. However, if the change is out of hands any energy expended worrying about it is wasted energy. Time and effort that would be better spent reconfiguring your thought processes and plans to accept the change.

People often feel very vulnerable during times such as these and while we think of this as a negative mindset it can be your greatest strength. Vulnerability is about having the courage to show up and be seen when we have no control over the outcome. No one really knows what the future holds but you can certainly choose to stay on a focussed pathway and strive towards outcomes that will serve to enable success in the years to come. The switch to online study and the ability to engage and succeed under this temporary method of course delivery is a perfect example and one to applaud yourselves for.

It will be the individuals who are able to best absorb and adapt to change and understand this as an important life lesson who will be best placed to navigate a successful career path. Change will follow you down whichever pathway you choose.



CHOOSE TO STAY POSITIVE

Remember - you get to choose how you react to a situation. Some people have a natural disposition towards positivity while some must work a little harder. Wherever you fall on the spectrum it is important to know there is always room for self-improvement. We are all a work in progress and the earlier you start to put in the hard yards the better a person you become.

- ❖ Always look for an optimistic outcome in a negative situation. Identifying just one key positive when things are tough can be enough to switch your mindset.
- ❖ Surround yourself by people and things that draw the best out of you & remove those which do not

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- ❖ Don't make a mountain out of a molehill. Refuse drama and keep things in perspective
- ❖ Remember that unnecessary fear and worry represent wasted energy. Sometimes it is best to ask "what is the worst that could happen"
- ❖ Be a positive influence in someone else's life
- ❖ SLEEP, EAT & EXERCISE WELL.

 Sometimes, despite the best intentions, stress and anxiety take on their own agenda. If you are finding it hard to cope at this time it is important to know that you are not alone and that asking for help can assure you that it'll be OK. Family, whanau and friends are always important but if you feel you need more help there are many resources available.

The Low Down | Straight Up Answers | For when life sucks

Text: 5626 Call: 0800 111 757 www.thelowdown.co.nz

Youthline

Text: 234 Call: 0800 376 633 www.youthline.co.nz

Need to talk?

Text or call 1737 www.1737.org.nz

The staff at QRC are also invested in your wider health and wellbeing so please reach out if we can help.

Enjoy Anzac weekend – a good time to start some reflection and be grateful for what we have.

Kind regards

A handwritten signature in black ink that reads 'Lynsey Bullock'.

Lynsey Bullock
Student Services Manager



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