

Mental wellbeing

MAINTAINING HEALTHY HABITS DURING COVID 19

It is ok and completely normal to be experiencing feelings of uncertainty, confusion, fear, grief or apprehension. It is also normal to be feeling ok and coping well; we all deal with situations differently.

If you're looking for some simple tips, these are our favourites on maintaining our wellbeing.

TRY RELAXATION TECHNIQUES

There are many techniques available to assist with relaxation including meditation, breathing activities, yoga or hobbies such as colouring in. Find what works for you and practice daily.

Visit the Black Dog Institute for more ideas: blackdoginstitute.org.au

FIND TIME TO DO SOMETHING YOU ENJOY

This could be as simple as reading a book, watching a movie, trying a new hobby such as painting, or spending time in your garden getting some fresh air.

CONNECT WITH OTHERS

Use tools such as video chat to stay connected with family and friends. It can make a huge difference when we share our worries with others and chat to people who are supportive.

LIMIT OR AVOID UNHELPFUL MEDIA/SOCIAL MEDIA

Staying up to date is important, but too much information can also be harmful to our wellbeing.

Try only checking news sites 1-2 times per day and following social media accounts that bring you joy, not fuel anxiety and fear.

LOOK AFTER YOUR BODY

Try to get enough sleep, exercise and watch your diet. Avoid smoking, drugs and excessive alcohol. This will not only help with your mental wellbeing, but your immunity as well. Look out for our other factsheets for tips on eating and sleeping well and staying active during COVID 19.

SEEK HELP

If you feel you need extra support reach out to your GP or these organisations:
Lifeline 13 11 14, Beyond Blue 1300 22 4636, Headspace 1800 650 890,
The Black Dog Institute blackdoginstitute.org.au

*Resources and materials are general advice only. For tailored support, or if you have any specific questions or concerns please talk to your GP or Healthcare team.

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