



tips

for looking after

YOURSELF

RIGHT NOW

LOOKING AFTER YOUR MENTAL HEALTH DURING THE CORONAVIRUS OUTBREAK

Beyond Blue recognises and understands the feelings of anxiety, distress and concern many people may be experiencing in relation to the coronavirus (COVID-19) and offers the following wellbeing advice.

TRY TO STAY POSITIVE

While you probably feel very concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.



FIND A HEALTHY BALANCE IN RELATION TO MEDIA COVERAGE

Being exposed to lots of negative information can make you feel more anxious. While it's important to stay informed, it might be a good idea to limit your media intake if it is upsetting you or your family.



TRY TO MAINTAIN A PRACTICAL & CALM APPROACH

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits and social distancing.



TRY NOT TO MAKE ASSUMPTIONS

To contribute to a sense of community wellbeing, try to remember that the coronavirus can affect anyone regardless of their nationality or ethnicity and remember that those with the disease have not done anything wrong.



MANAGING YOUR MENTAL HEALTH WHILE IN SELF-ISOLATION OR QUARANTINE

There are a number of ways to support your mental health during periods of self-isolation or quarantine:

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- Remember that your effort is helping others in the community avoid contracting the virus.
- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
- Connect with others via the BeyondBlue forums thread: Coping during the coronavirus outbreak.
- Keep doing healthy activities that you enjoy and find relaxing.
- Keep regular sleep routines and eat healthy foods.
- Do some physical activity.
- For those working from home, try to have a healthy balance by having specific work hours, taking regular breaks and, if possible, making a workspace.
- Avoid news and social media if you find it distressing.



SEEK SUPPORT

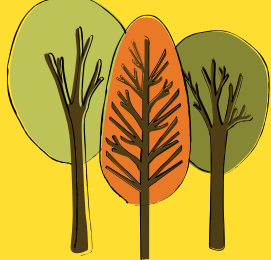
It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:

- Keep in touch with your support network
- Tell yourself it's ok to feel worried
- seek professional support early if you're having difficulties.

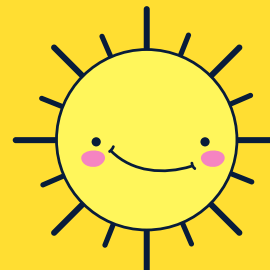
For those already managing mental health issues, continue with your treatment plan.

Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist. Beyond Blue also has a dedicated page on its forums about coping during the coronavirus outbreak.

**BEYONDBLUE HAS FACT SHEETS ABOUT ANXIETY & OFFERS OTHER PRACTICAL ADVICE & RESOURCES AT [BEYONDBLUE.ORG.AU](https://www.beyondblue.org.au).
THE BEYOND BLUE SUPPORT SERVICE OFFERS SHORT TERM COUNSELLING & REFERRALS BY PHONE & WEBCHAT ON 1300 22 4636.**



28 TIPS TO KEEP YOU SANE



1 Make a plan to keep in contact with family & friends

2 Write down ten things you feel grateful for and why

3 Stay hydrated & eat healthy

4 Think of fun ways to get active. e.g. Tik Tok

5 Think of creative ways to help family & friends

6 Share what you are feeling & be willing to ask for help

7 Take five minutes to sit still & breathe. Repeat

8 Get good sleep. Limit screen time

9 Facetime a loved one

10 Notice five things that are beautiful in the world

19 Keep a journal. Write about goals & dreams

12 Create your own game to play with those around you

13 Start a fun & productive project e.g. baking

14 Listen to music that lifts your spirits

15 Learn something new e.g. juggling

16 Get out of your PJs & dress up

17 Have a device free day

18 Clean your room, redecorate & stay organised

11 Pick up a new book or hobby

20 Go outside & kick a ball or make a garden

21 Go for a long walk or run

22 Make time for self-care. e.g. face mask, meditation, go for a walk

23 Tell your family 3 reasons you appreciate them

24 Write a song, poem or spoken word

25 Have a day without talking about the latest news

26 Find something positive & share with a friend

27 Organise a family talent show & compete for a prize

28 Check out a mindfulness app. There's a list attached

A list of wellbeing numbers & mindfulness apps are attached.

FREE APPS FOR MINDFULNESS

Smiling Mind - Explore the Breath

Fast Calm

Break Stress

5 Minute Relaxation

Calm

ReachOutBreathe

FREE APPS FOR WELL-BEING

Recharge

Break Up Shake up

Worry Time

@ppreciate

Breathe

Music eScape

Toolbox

The Checking

NUMBERS YOU CAN CALL IF YOU NEED TO HAVE A CHAT!

Centacare1800 372 826

Headspace6738 7216
www.headspace.org.au

Kids Helpline1800 55 1800
www.kidshelp.com.au

Lifeline131 114
www.lifeline.org.au
www.reachout.com

Beyond Blue.....1300 22 4636
www.youthbeyondblue.com/

CAMHS mental health line ...1800 011 511

Your local GP

Healthwise.....1800 931 540

Emergency Department at the hospital
Call 000 if urgent assistance is required