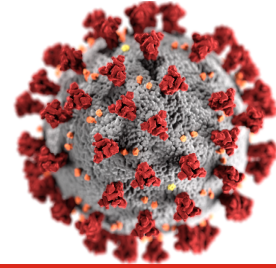


MENTAL HEALTH FACT SHEET

Tips for self-isolation COVID-19



If you need to self-isolate due to the evolving COVID-19 situation here are some tips to assist with your mental health and wellbeing.

During unsettling times it is appropriate and natural to feel unhappy, sad and many other emotions. Still, even in these times, we can take steps to feel as happy and calm as we can be even given the extreme circumstances. This can help us to weather the pandemic more effectively, and strengthen ourselves, enable us to be helpful to others and our community.

Stay Connected

Technology is really going to come to our aid. Call, text, video call, send messages of hope, images of people aiding each other. **Strong social connect is a key** to wellbeing and can help you avoid feeling trapped or lonely.

Take care of your body

Rest, recovery, exercise and nutrition are, of course, vital for your health as well as your mood. Avoid using alcohol and others substances as a coping strategy. Stick to a regular routine of personal hygiene and dress. **Stay active.** Even in a small space you can do a work-out at home. YouTube, exercise apps and our Health Coach can help. Start a new **healthy habit.**

Monitor media overload

We all want to stay up to date without getting overwhelmed. Perhaps check the news first thing in the morning and once in the afternoon or evening.

Catch up on books, audiobooks, movies, podcasts, or TV shows.

Ask like minded people to give you their top 10 recommendations and start to work your way through.

Learn and grow

Use the opportunity to your advantage by learning **something new**, practice musical instrument, try a new recipe, experiment with different **mediations**, **write** the book you have been meaning to write or **journal** your thoughts and feelings, start a blog or go through your things and declutter. Reengage with your favourite past times, hobbies and **outlets.**

Help others

In self-isolation we can still help others and draw on our altruistic nature. Call a friend or family member and offer a listening ear, start a online book club/discussion group, point people in the right direction for **trusted information** about the coronavirus, be a source of **reassurance** or **perspective giving.**

Focus on the good

Even in the most trying times we see fellow humans doing wonderful things for each other. Whether its singing to each other across the street, children delivering groceries to the elderly or someone taking time to create a funny music list of coronavirus themed songs. Looking out for these little jolts of joy, **humor**, **gratitude** and tiny causes for **hope** can help get us through.

Nature

Green spaces, **fresh air** and **sunshine** can be soothing in times of self-isolation or social distancing. Spend time in the garden, courtyard balcony or backyard.

Seek additional support early where needed

If you feel that the stress or anxiety you are experiencing as a result of COVID-19 is impacting your ability to function at home seek extra support.

Future focus

It may be tough to feel hopeful about the future. However, many people will build post traumatic growth from this situation in the long term meaning you may experience:

- deeper **appreciation** for what really matters in life,
- enhanced **relationships** with others, the tough times can bring us together,
- amplified personal **strength** and self-belief,
- Spiritual **growth**,
- ability to see new **possibilities** in life.

Find more conversation tips and resources at:

Australia

Lifeline 13 11 14
Beyond Blue 1300 22 4636
Mensline 1300 78 99 78
Kids helpline 1800 55 1800
Suicide call back service 1300 659 467
qlife 3pm-midnight 1800 184 527

www.lifeline.org.au
www.beyondblue.org.au
www.sane.org

New Zealand

Lifeline 0800 543 354
Talk to a trained counsellor – text or call 1737
Tautoko Suicide Crisis Helpline 0508 828 865
Alcohol and Drug helpline 0 800 787 797
OUTLine (sexuality and gender identity issues) 0800 688 5463

www.depression.org.nz
www.thelowdown.co.nz
www.mentalhealth.org.nz

With thanks to NSW Ambulance for provided information.