

# HEALTH & WELLBEING

## DURING COVID-19

**In this time of uncertainty, many of us feel anxious, scared and/or overwhelmed. It is important to try and alleviate these feelings, so it doesn't affect your everyday life.**



### Get the right information - but not too much

We are in a state of COVID-19 information overload at the moment. Try and limit yourself to checking in with reliable news sources 1-2 times per day. eg: [health.gov.au](http://health.gov.au) or [who.int](http://who.int)



### Keep healthy routines

We know that our emotional health is strongly affected by regular routines. Get up at the same time in the morning, get a good nights sleep and do some exercise.



### Connect with others - from a distance

Another key strategy for keeping good mental health is to stay connected and engaged with people. You may have to modify how you do this, for example, using SKYPE, Facetime or give someone a call.



### Remember who you are

Stressful times can be challenging but remember to be gentle, kind and respectful to yourself and to others. Other people are as stressed and worried as you are. Be true to yourself and you will feel better for it.



### This too shall pass

Infectious diseases follow a predictable course. In the past 50 years there have been multiple examples from SARS, Ebola, HIV and measles.

It may not feel like it at the moment, but things will settle down. In the meantime try and stay strong and we are here to support you in whatever way we can.