

MENTAL HEALTH:

Self-care during the coronavirus outbreak

Stress and coping

- The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people.
- Everyone reacts differently to stressful situations.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.

Things you can do to support yourself:

- **Take breaks** from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **It is extremely important to seek out help if you feel you need it.** Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.



Mental health helplines

Lifeline is a national charity, available to provide all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.



Hello Neighbour!

Through COVID-19
and self-isolation,
we're here for you.

 Lifeline 13 11 14



How to contact Lifeline

Phone: 13 11 14 (24 hours/7 days)

Text: 0477 13 11 14 (6pm – midnight AEDT, 7 nights)

Chat online: <https://www.lifeline.org.au/crisis-chat> (7pm - midnight, 7 nights)

STEPS TO A HEALTHIER YOU

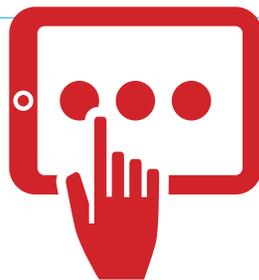
List some healthier choices or self-care strategies you can try.

SELF-CARE



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APPS TO HELP STRENGTHEN YOUR MENTAL WELLBEING.



Here are some apps that you may find helpful:

Get happy: Happify

Based on years of happiness research, the app is designed to put you in a happier frame of mind and help you to handle stress and boost your self confidence.

Available: *Apple Store or Google Play* Cost: *Free*

Stay focused: Forest

Use your phone to help you focus. The premise is simple. You 'plant' a tree and watch it grow. It will only grow if your phone stays on the app. That means no thumbing through social media feeds or texting, freeing up your mind to concentrate on the task at hand.

Available: *Apple Store or Google Play* Cost: *Free*

Give thanks: My Gratitude Journal

There's plenty of research that shows gratitude, or giving thanks, can make you happier. My Gratitude Journal is all about bringing a little gratitude to your daily routine. Every day you're reminded to write down 5 things you're grateful for and you can include pictures too.

Available: *Apple Store or download the Zest Gratitude Journal on Google Play*
Price: *Free (Premium \$2.99)*

Sleep for success: Sleep Cycle

The importance of a good night's sleep has been linked to happiness, healthiness and calmness. The Sleep Cycle app is basically an intelligent alarm clock that tracks your sleep patterns and wakes you up during a light sleep cycle, giving you the feeling of having woken up naturally rested.

Available: *Apple Store or Google Play* Price: *Free (Premium \$1.99)*



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