

Remain
Positive!

Mental Health Boosts

Tips to Overcome Coronavirus Worries

Don't give
up hope!

1. Choose Reliable Information.

-Get your news, information and advice from trusted sources, such as:

- a) The World Health Organisation
- b) The Australian Department of Health
- c) ABC News
- d) The Public Health Information Line 1800 004 599
- e) The Queensland Health Website

-Don't add to the spread of "viral" misinformation.

2. Take a Break from the News.

-Check 1-2 times a day deliberately, rather than frequent updates throughout the day.

-When dealing with social media, use it wisely, limit use or follow topics other than Coronavirus.

-Help raise morale by doing things such as sharing good news like vaccine development, or people showing acts of kindness.

3. Stay Connected: We can still be social while physically distancing!

-Remember that we are all in this together.

-Use internet platforms to see family and friends. Skype, Facetime, Messenger, Zoom, WhatsApp and Discord are some good options.

-Recreate or modify your social activities to online version, like having a cuppa with a friend over Skype.

-Talk about things other than Coronavirus.

-Bond with those you are in physical contact with, such as the people in your household.

Help others

Get creative

Exercise

Stay healthy

Keep connected

4. Things That Will Keep You Physically and Mentally Healthy.

- Nutrition: this is a chance to try out new foods and recipes and be inventive, tinned and frozen food options can be cheap and nutritious.
- Sleep: ensure you do some outdoor activities daily and limit screen use at night.
- Physical activity: cycling, jogging, going to the beach, bush walks, YouTube yoga and workouts, home gym and backyard exercises are all excellent choices.

6. Help Others: Turning outwards is good for us.

- Small acts of altruism.
- Letterbox drops offering support or practical help.
- Get groceries or medications for elderly neighbours and those in quarantine.
- Make something such as a meal for loved ones, send a card or letter.
- Offer help with technology and share your particular skills.

5. Create a Consistent Daily Routine.

- View this as an opportunity for new experiences and ways to spend time.
- Have regular exercise and sleep times.
- Set aside specific times for work or study, and ensure there are breaks in between.
- Create daily rituals such as walking the dog, journaling or calling someone.
- If there is no work or study to be done, set work that you may have previously wanted to do but didn't have the time, such as reorganising a room, cleaning or researching something.
- Learn about a particular topic that is new to you, like how to change your tyres or bake bread.
- Look into things you have put off: finances, taxes, computer files or photos.
- Get creative and do something along the lines of cooking, writing, drawing or making a music playlist.
- Try out mindfulness and meditation to calm your mind and body.