

10 TIPS ON SELF-CARE AND MANAGING STRESS

10 TIPS ON SELF-CARE AND MANAGING STRESS DURING THE COVID-19 PANDEMIC

It is important to remember that feeling anxious, fearful, stressed, angry or irritable are common and normal feelings during uncertain times like these. It is important to monitor your own physical and mental health, watch for signs which include:

- Heightened anxiety and/or fear
- Increased irritability and outbursts of anger and arguments
- Difficulty in sleeping and relaxing
- Worrying excessively
- Increase in use of alcohol or drugs
- Having difficulty in communicating or listening
- Physical symptoms such as headaches, stomach pains
- Feeling depressed or guilty
- Denying feelings or saying you don't care
- Confused, difficulty making decisions.

If you are experiencing any of these symptoms, focus on looking after yourself with these self-care strategies:

- 1. Focus on personal hygiene habits**
such as proper hand washing as this is a proven way to minimise your exposure to the virus.
- 2. Keep things in perspective**, get the facts from sources such as the WHO and Australian Government websites. Covid-19 has received unprecedented media coverage which can create anxiety. Limit exposure through time spent online.
- 3. Identify what you can control** (handwashing, social distancing, practicing kindness) by writing it down versus what is causing you concern but can't be controlled.
- 4. Focus on the people around you**, such as family, children, friends and colleagues. Keep in contact and connected.

- 5. Take breaks to enjoy activities.**
Go for a walk, garden, clean your house or practice yoga. Many activities are available online or self-guided.
- 6. Eat healthy** food and drink water regularly.
- 7. Make time to do things that help you relax** – deep breathing, meditate, mindfulness, read, stretch, watch a movie, call a friend. Set a project goal to learn a skill or create a photobook.
- 8. Talk about your feelings** to loved ones and friends or a professional counselor, do not bottle up your anxieties as they won't go away.
- 9. Talk about other topics with friends**, share enjoyable conversations.
- 10. Find ways to help others.**
Helping others can reduce feelings of helplessness.

For more information or assistance, contact us on 1800 650 204.

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