

# KEEPING YOUR MIND AND SPIRIT STRONG DURING COVID-19

## Tips for looking after yourself during COVID-19 as an Aboriginal young person

Social distancing and self-isolation can make us feel disconnected and down. It can also make some of us spin out and feel out of control. Here are some ways to keep you strong in your mind and spirit during COVID-19.

### Stick to a routine

Try showering, having breakfast and lunch, and start study or work at the same time you usually would.

### Connect with other community members

Reach out to your friends and family via the phone or social media.

Having a yarn about what is worrying you can help us stay strong together.

### Tune out

News and media can often make us more worried about community members and can make harmful statements about our community.

Once you have checked in with the latest health information, it is okay to switch off the news. Take a break to do something you enjoy.

### Get enough sleep

There are lots of free sleep-tracking apps you can download on your phone to track your sleeping.

Putting your phone on silent when you go to sleep and turning off the lights and TV/radio can help you get to sleep.

### Plan something fun

Social distancing and home isolation won't last forever. Now is a great time to make plans with friends or family about fun things you can do in the future. Take a trip somewhere? Plan a get-together?

You can also make a list of things you usually do to stay well. Do you keep a journal? Play games online?

### Practice mindfulness

Take time each day to practice being present. This can help when you feel like you are spinning out of control.

There are heaps of free mindfulness and deep breathing apps you can download on your phone. 'Calm', 'Smiling Mind' and 'Headspace' mindfulness app are great ones to start with.

### Learn a new skill

Learn a new dance move, try out a new recipe, improve your gaming skills so you can beat your friends online, or beat your personal best for doing push-ups!

### Take care of your body and mind

Don't overuse alcohol or drugs to cope.

Make sure you are getting the proper dose of any prescribed medications.

### What are you grateful for?

Writing down something you are grateful for each day help us feel stronger.

### Reach out for help

You can visit websites like Gayaadhuwi (Proud Spirit) Australia, Beyond Blue and Headspace for tips on staying well.

<https://www.gayaadhuwi.org.au/coronavirus/>

<https://www.beyondblue.org.au/>  
<https://headspace.org.au/>

Remember to take it easy on yourself. Being kind to yourself will help you keep strong in mind and strong in spirit!