

STAYING STRONG AND WELL DURING HOME ISOLATION

REALISE WHAT YOU CAN AND CANNOT CONTROL



Worrying about things out of our control can make us feel worse. Planning for things we can control can make us feel better.

What you **cannot** control:

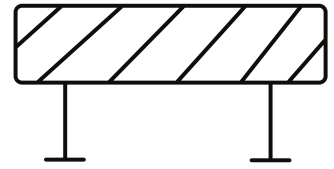
- How long the pandemic will last
- How other people will react
- Social distancing rules

What you **can** control:

- Your reactions to the pandemic
- How you treat yourself and others
- How much news and media you listen to

SET BOUNDARIES

People can react lots of ways to stressful situations, sometimes not always helpful ways. You might also be feeling pressure to help others out at your own risk. Remember that your health and wellbeing is as important as anyone else's.

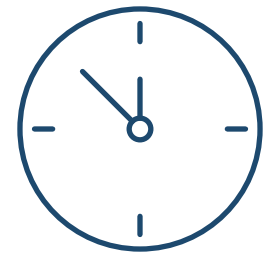


TAKE A BREAK FROM THE NEWS

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.

TAKE TIME FOR YOURSELF

Make a list of activities you usually enjoy which you can do while you are at home (e.g., reading, drawing, exercising, cooking, dancing). Make time for at least one of these activities each day.

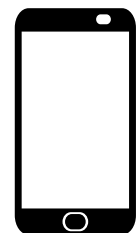


EXERCISE

Social distancing means you can still go outside to exercise, as long as you follow guidelines. Keeping up with your usual exercise routine will keep you healthy and strong.

KEEP CONNECTED

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.



REACH OUT

Reach out for help. You can visit websites like Gayaa Dhuwi (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/>