

Maintaining Mental Health In Covid-19 Pandemic

People's reactions to COVID-19 are varied. You may be feeling; anxiety, stress, worry, fear, low mood, lonely, overwhelmed, helpless, frustrated, guilty, angry. There are also people who have reacted in a way that is calm and accepting. Here is what you can do if you are experiencing distress.

Be kind to yourself

Self compassion is essential. Let go of any expectations you had for yourself. It is ok if you do not achieve much during isolation. Surround yourself in things that are comforting and that you enjoy doing. There is no pressure to achieve at this time.



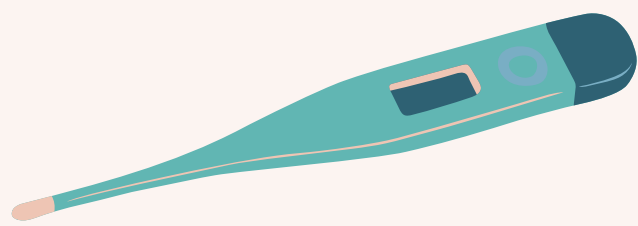
Keep your routine

Get up each day and prepare as you would for the day. Shower, get dressed, eat regularly and set some structure for your day.



Unhook From Checking

During times of high stress we can become overly focused on bodily sensations and checking for more information on the news. This can increase anxiety. Turn off the newsfeed and put away the thermometer.



Take time out when needed

If you are feeling overwhelmed take some time for yourself. It can be challenging to be in the same space with the same people each day. Take a break if you need to and reset. Relaxation strategies can be helpful.



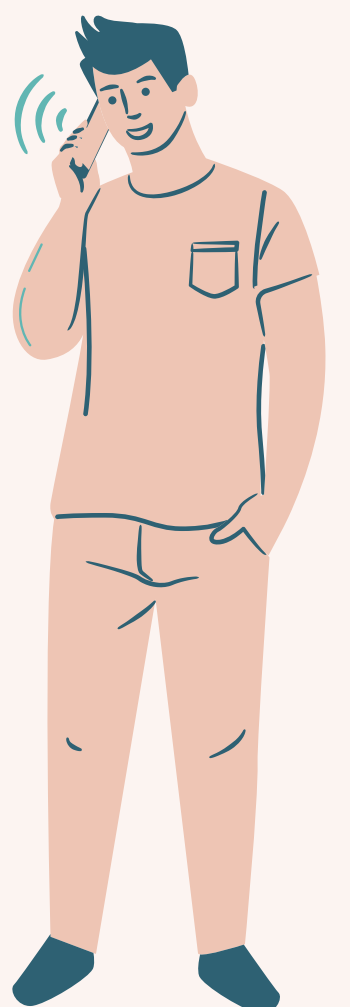
Seek help if you need to

Things can become easier if you have someone to talk to. Your friends and family may be a good source of support but if you want someone completely neutral find a psychologist here <https://aapi.org.au/find-a-psychologist>. You may be eligible for a Medicare rebate with a valid GP referral.



Stay connected

Physical distancing is in force at the moment but you can still remain connected to those people that are important to you. This is vital so that you don't begin to feel lonely and isolated. Use the phone, write letters, email friends, use video calls to connect and check in on those that you are close to.



Monitor Negative Thoughts

The way we think can make us feel worse if we are focussed on negative outcomes or thoughts of worry and concern. Try to consider what you can change. Are there things that you can focus on instead? If you find you are continually thinking negatively and worrying and cannot shift your thoughts seek support.



Maintaining Mental Health In Covid-19 Pandemic

1. Be kind to yourself

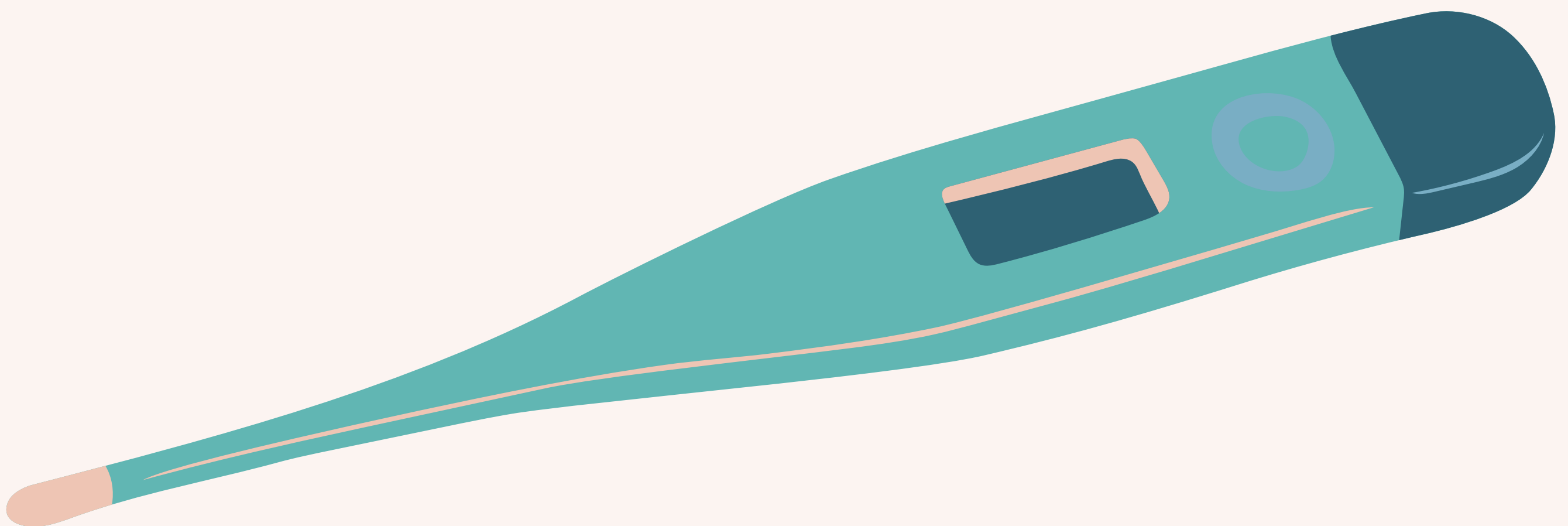
Self compassion is essential. Let go of any expectations you had for yourself. It is ok if you do not achieve much during isolation. Surround yourself in things that are comforting and that you enjoy doing. There is no pressure to achieve at this time.



Maintaining Mental Health In Covid-19 Pandemic

2. Unhook From Checking

During times of high stress we can become overly focused on bodily sensations and checking for more information on the news. This can increase anxiety. Turn off the newsfeed and put away the thermometer.



Maintaining Mental Health In Covid-19 Pandemic

3. Seek help if you need to

Things can become easier if you have someone to talk to. Your friends and family may be a good source of support but if you want someone completely neutral find a psychologist here <https://aapi.org.au/find-a-psychologist>. You may be eligible for a Medicare rebate with a valid GP referral.



Maintaining Mental Health In Covid-19 Pandemic

4. Monitor Negative Thoughts

The way we think can make us feel worse if we are focussed on negative outcomes or thoughts of worry and concern. Try to consider what you can change. Are there things that you can focus on instead? If you find you are continually thinking negatively and worrying and cannot shift your thoughts seek support.



Maintaining Mental Health In Covid-19 Pandemic

5. Keep your routine

Get up each day and prepare as you would for the day. Shower, get dressed, eat regularly and set some structure for your day.



Maintaining Mental Health In Covid-19 Pandemic

6. Take time out when needed

If you are feeling overwhelmed take some time for yourself. It can be challenging to be in the same space with the same people each day. Take a break if you need to and reset. Relaxation strategies can be helpful.



Maintaining Mental Health In Covid-19 Pandemic

7. Stay connected

Physical distancing is in force at the moment but you can still remain connected to those people that are important to you. This is vital so that you don't begin to feel lonely and isolated. Use the phone, write letters, email friends, use video calls to connect and check in on those that you are close to.

