

TIPS IF YOU ARE FEELING ANXIOUS ABOUT THIS COVID EXPERIENCE

KEEP THINGS IN PERSPECTIVE.

We are lucky.
We live in Melbourne, Australia.

We have a good government system, a good health system and a good education system.

We will be OK.



COMMUNICATE WITH YOUR FAMILY.

Talk about your experiences with those who are close to you and those who are sharing this with you.

GET THE FACTS.

Use a trusted news source. Know that, while COVID-19 is serious, the infection rate in Australia is low, and it is coming down. Monitor your media exposure, especially TV news. Don't obsess about getting the very latest information about the world – tune in once a day and keep up to date. Media agencies tend to make and create many stories, with many different interpretations, about the one thing. Use one trusted news source.

REMEMBER BASIC WELLBEING PRACTICES.

Eat well – sleep well – get some exercise – make time for school work – make time for your hobby (if possible) or your own enjoyment – stay in touch with others via social media. Stay in regular contact with friends/family, and use technology creatively to do this.



MAINTAIN WORK/LIFE BALANCE.

Log on to remote learning at school – stick to your school timetable – and after school enjoy doing the things you like, in the best way you can while keeping safe and socially distant.

Kindness

PRACTICE KINDNESS

A good antidote to adversity is kindness and compassion. Say or do something nice for someone. Make someone happy – you'll feel better too. Spread some peace.

RESOURCES



ENJOY SOME PEACE.

Some people like meditation, mindfulness, having a bath or a shower, walking, drawing or colouring or writing or listening to calming music. Find some peace. Have a look at the Mindshift app.

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

<https://au.reachout.com/articles/10-tips-for-coping-with-the-hard-stuff>