

CHANGES TO YOUR LIFESTYLE

- Working from Home tips:
 - Get Dressed
 - Have a designated workspace or home office
 - Keep Clearly Defined Working Hours
 - Minimise Distractions
 - Communicate
 - Still Socialise – text, email, phone, zoom, online
 - Get some exercise
 - Assure yourself that it isn't permanent
 - Continue with your routine as much as you can
 - Its okay if you have things happen that normally wouldn't during work hours especially if you have kids in the home. Go with the flow and do the best you can and don't put pressure on yourself to be perfect.
- What you are feeling is grief
 - Naming it can be helpful and we are grieving as a whole, what we consider normal is gone and there is fear or economic toll and loss of connection
 - Denial - early on in the process. 'This virus won't affect me'
 - Anger - 'You're making me stay home and taking away my activities'
 - Bargaining - 'If I social distance for 2 weeks everything will be better?'
 - Sadness - 'I don't know when this will end' *and finally*
 - Acceptance - 'This is happening, I have to figure out how to proceed'.

Acceptance, as you might imagine, is where the power lies. We find control in acceptance. *I can wash my hands. I can keep a safe distance. I can learn how to work virtually.*

- What if questions are natural to arise in absence of information and overwhelm
 - What are the things within my control?
 - Am I overestimating the likelihood of the worse-case scenario (catastrophising)?
 - What strategies have helped me cope with challenging situations in the past that will serve me well during this time?
 - What is a small helpful or positive action that I can take now?

MENTAL HEALTH DURING PANDEMIC

- Try to remain calm – your best is enough right now
- Observe the recommended hygiene habits during this time
- Remind yourself that this is a temporary period of isolation to slow the spread of the virus to help others in the community not contract the virus
- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone
- Engage in healthy activities that you enjoy and find relaxing for self-care eg read a book, listen to podcast
- Keep regular sleep routines and eat healthy food
- Try to maintain some exercise and physical activity
- Avoid news and social media (or limit as much as possible) if you find it distressing
- Take care of yourself mind and body (deep breaths, stretch, medication, healthy food and exercise, sleep and avoid alcohol and drugs).
- Talk about other topics – allow yourself to unwind
- Ground yourself through five senses - mindfulness
- Acknowledge your feelings
- Try a new hobby or skill (learn something new, cook new recipe, play instrument, learn a language, learn to sew, garden)
- Contribute – show care towards others, family, friends or colleagues or vulnerable people in community to foster a sense of hope, purpose and meaning
- Let go of what you can't control

OBTAINING ASSISTANCE

- [Australian Department of Health](#)
 - Frequently Asked Questions
<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx>
 - News Health Alert
[Australian Government coronavirus \(COVID-19\) health alert](#)
 - COVID-19 Symptom Checker from Health Direct
[Health Direct – Coronavirus \(COVID-19\)](#)

CENTERLINK

- Registering a claim through Centrelink
<https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/if-you-need-payment-coronavirus-covid-19/how-register-your-intention-claim-centrelink-payment-coronavirus-covid-19>
- Phone Contact
Contact us by calling +61 1300 1MYGOV (1300 169 468).
<https://www.servicesaustralia.gov.au/individuals/contact-us/phone-us>
- Self Service Via Internet
<https://www.servicesaustralia.gov.au/individuals/subjects/self-service>
- Social Media
<https://www.servicesaustralia.gov.au/individuals/contact-us/connect-us-social-media>
- Write, email or fax
<https://www.servicesaustralia.gov.au/individuals/contact-us/write-email-or-fax-us>
- **Support for those experiencing financial hardship**

For information and services provided by the Australian government, please visit [Services Australia](#). If you are experiencing financial hardship, [National Debt Helpline](#) offers free financial counselling.

- Public Health Information Line 1800 004 599
- Your Local public health agency:
 - Australian Capital Territory: 02 5124 9213/ 02 9962 4155 after hours
 - New South Wales: 1300 066 055
 - Northern Territory: 08 8922 8044
 - Queensland: 13 43 25 84
 - South Australia: 1300 232 272
 - Tasmania: 1300 232 272
 - Victoria: 1300 651 160
 - Western Australia: www.healthywa.wa.gov.au

In an emergency call 000

Coronavirus Health Information Line

<https://www.health.gov.au/>

1800 020 080

Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week.

Lifeline Australia

www.lifeline.org.au

13 11 14

Lifeline Australia provides a free, confidential and anonymous, 24-hour telephone counselling service for adults needing emotional support.

beyondblue

www.beyondblue.org.au

1300 22 4636

Help, information and resources associated with depression and anxiety. The Support Service runs 24 hours a day, seven days a week.

1800RESPECT

www.1800respect.org.au

1800 737 732

The National Sexual Assault, Family & Domestic Violence Counselling Line for those experiencing or at risk of family and domestic violence and/or sexual assault. 24 hours, 7 days a week.

Mensline Australia

www.mensline.org.au

1300 78 99 78

Mensline Australia provides a free, confidential and anonymous, 24-hour professional telephone counselling service for men needing emotional support or in crisis.

Relationships Australia

www.relationships.com.au

1300 364 277

Support and counselling on relationships and for abusive and abused partners.

Kids Help Line

www.kidshelp.com.au

1800 55 1800

Kids Help Line is a free and confidential, telephone counselling service for 5 to 25 year olds in Australia. 24 hours, 7 days a week.

USEFUL FINANCIAL RESOURCES

National Debt Helpline

[National Debt Helpline](#)

1800 007 007

Finding Helpful Resources

[To find financial services near you](#)

ASICs Money smart website

[ASIC's Money smart website](#)

Financial Ombudsman Service

[Financial Ombudsman Service](#)

Financial Rights Legal Centre

[Financial Rights Legal Centre](#)