

LOOK AFTER YOUR PHYSICAL & MENTAL HEALTH!

Don't Read Absolutely Everything About Coronavirus & Choose your Sources of Information

Stay informed through reliable, fact-based reporting but don't feel like you have to read every piece of coronavirus news. See <https://www.dhhs.vic.gov.au/coronavirus> for detailed information and <https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19> for translated information about Coronavirus from Victorian Department of Health & Human Services. Here are some other good quality resources for information:

- [Australian Government coronavirus \(COVID-19\) health alert](#)
- [Health Direct – Coronavirus \(COVID-19\)](#)
- smartraveller.gov.au – travel information for Australian citizens
- [World Health Organization – coronavirus disease \(COVID-19\) outbreak](#)



Mindfulness / Meditation / Breathing Can Help You Stay Calm



Many of us feel scared but focusing on fears about the future can make us anxious or upset, so try to stay in the present.

Even simple breathing techniques like box breathing can slow the heart rate and make you feel more relaxed. **BOX BREATHING: Breathe in for four seconds, pause for four seconds, breathe out for four seconds and pause again for four seconds, then repeat.**

If you feel worried/anxious, you can try to get out of your head and into your body using the five senses: **name five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.**

Guided meditations can be very helpful. There are plenty on YouTube or here is a great meditation app: <https://www.headspace.com/headspace-meditation-app>. You could also try <https://www.calm.com/> or <https://insighttimer.com/>.

See also the information under **If you Need Help** (below) for websites and services regarding mental health and wellbeing.

Don't Forget to Move Your Body

Getting some exercise is essential for well-being!

If you are not sick, go for a **walk, run, hike or bike ride** outside while keeping a distance of at least 1.5-2 metres between yourself and others.

Also, use **YouTube – it is free and it has thousands of videos of yoga, pilates, strength training and HIIT** (high intensity interval training) classes to help boost your mood, improve posture and connect with yourself.



Here is one for **gentle exercise for seniors** at home:

<https://m.youtube.com/watch?v=DmHgDrRvRw&feature=youtu.be&d=n>

And here are daily **30 minute Physical Education workout sessions** for kids

(and adults!): <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Stay in Touch With Others, Stay Connected

Community is such an important part of all our lives. What do we do if getting together is no longer



We are lucky to have so many options for staying in contact with others... use the phone, FaceTime, WhatsApp, Slack, email, messenger etc. **We can fight loneliness by making sure we contact loved ones, near and far, and by checking in with our older family members and neighbours.**

Avoiding Boredom

Being at home for long periods of time can be BORING!

Try something new... take a different route when going on a walk; wear something funny; put on a different playlist; do your chores in a different order; try a new craft, book or exercise.

Try to **KEEP YOUR BRAIN BUSY**... mix up your activities... Netflix is great but can get boring and isn't very active... Draw or paint. Listen to music. Knit or sew. Play a video game, mobile game or do a crossword or a puzzle. Read a book. Do some online English practice. Listen to podcasts - there are lots that aren't about coronavirus news.



Writing, dancing, making art or playing an instrument can help us deal with feelings of stress.

Connecting with NATURE has so many benefits to our physical and mental health. If possible, walk where you can see green, drive into the countryside, do some gardening – even indoors or on a balcony!



Help When You Can



If you know someone who needs help, try to contact them. Neighbours or older family members might need help with shopping or accessing services. (It feels very good to help others too!)

If You Need Help

Emergency – call 000 for Ambulance, Police or Fire

Coronavirus hotline – 1800 675 398

Call your GP (family doctor) for health issues

If GP is unavailable, contact **NURSE-ON-CALL** 1300 606 024 (24 hour service)

www.health.vic.gov.au/nurseoncall

Local Community Health Centres – for counselling, advice, referral and health

Alfred Health - Caulfield Hospital, 260 Kooyong Road, Caulfield Phone 90766000

<https://www.alfredhealth.org.au/services/>

Connect Health and Community - Gardeners Road, EAST BENTLEIGH phone 95755333

<https://connecthealth.org.au/contact-us/>

If you are self-isolating due to coronavirus (COVID-19) and you have no access to food and essential supplies, you can receive emergency relief packages from the Victorian government. Call the coronavirus hotline on 1800 675 398 to arrange.

Translating and Interpreting Service (TIS National)

24 hour service 131 450 TIS National website www.tisnational.gov.au/en/Non-English-speakers

Mental Health Assistance (SEE LAST PAGE FOR WEBSITES AND MORE INFO)

Lifeline – 24 Hour Helpline 13 1114 www.lifeline.org.au/

Kids Helpline – 24 Hour Helpline 1800 55 1800 www.kidshelp.com.au/

Mens Helpline Australia – 24 Hour Crisis Line 1300 789 978 www.mensline.org.au/

Beyondblue - 1300 22 4636 www.beyondblue.org.au

MindSpot – 1800 614434

Family Violence/ Sexual assault Women's Information & referral Exchange 1300 134 130

1800RESPECT www.1800respect.org.au 1800 737 732

Glen Eira Adult Learning Centre

GEALC will be closed to students over the holidays but staff will be here to answer calls and emails so

IF YOU NEED SUPPORT OR HELP PLEASE

CALL 9578 8996

EMAIL: INFO@GEALC.ORG.AU

MENTAL HEALTH RESOURCES – SPECIFICALLY RESPONDING TO CORONAVIRUS



Coronavirus (COVID-19)

MindSpot's dedicated COVID-19 webpage provides information, resources, and tips on maintaining your Wellbeing.

<https://mindspot.org.au/coronavirus>



Coronavirus (COVID-19) information for Australians

Information and strategies to cope with stress or anxiety regarding the coronavirus outbreak.

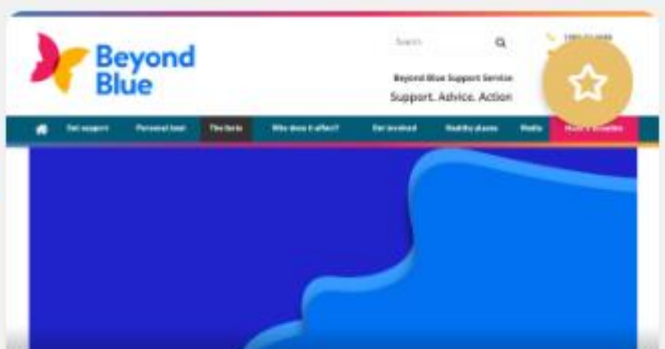
<https://www.psychology.org.au/COVID-19-Australians>



Coping through COVID-19

Mental health and wellbeing information during the Coronavirus COVID-19 outbreak

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>



Mental health and the coronavirus outbreak

Advice for looking after your mental health during the coronavirus outbreak.

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>