During times of crisis and uncertainty, like the Covid-19 pandemic and restrictions, some of us might feel stressed. Many things are out of our control and this can make us feel anxious, overwhelmed, confused or sad.

"Letting go" or trying not to worry about things we can't control can help us feel better. Focusing on the things we CAN control is a healthy way to use our energy and helps us look after ourselves, our mental health and our loved ones.

THINGS I CANNOT CONTROL...

(SO I CAN LET GO OF THESE THINGS)

- Predicting what will happen
- The actions & reactions of other people
- If other people follow social distancing rules
- How long this will last
- Businesses closing
- government decisions on rules, regulations and recommendations
- The amount of toilet paper at the supermarket
- Travel restrictions

THINGS I CAN CONTROL...

(SO I WILL FOCUS ON THESE THINGS)

- Following health regulations and recommendations
- My sleep (at least 7 hours a night?!) here are some sleep tips: https://headtohealth.gov.au/meaningful-life/physical-health/sleep
- My diet — I can choose to eat healthy food
- Exercising regularly
- Getting outside & getting fresh air if possible
- My attitude
- Turning off the news sometimes & limiting social media
- My own social distancing and hand-washing
- My breathing and mindfulness
- My kindness
  - Staying in touch with family & friends
  - Finding fun things to do at home & using my mind
  - Supporting small businesses where possible
  - Reaching out to someone who might be lonely

LINKS, HELPFUL APPS & PHONE NUMBERS

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Learning for life!

Tips for managing anxiety during Covid-19 & lockdown
https://www.blackdoginstitute.org.au/news/10-tips-for-managing-anxiety-during-covid-19/

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/ongoing-support-during-coronavirus-covid-19/looking-after-your-mental-health-during-coronavirus-covid-19-restrictions

https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home.html

https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/ways-to-reduce-stress-during-the-coronavirus-pandemic.html

More Sleep tips https://www.beyondblue.org.au/get-support/staying-well/sleeping-well

Mental health – translated posters https://www.health.gov.au/resources/translated/coronavirus-covid-19-make-mental-health-a-priority-other-languages

Mindfulness app: https://www.smilingmind.com.au/smiling-mind-app
Reduce symptoms of anxiety and stress by slowing your breathing with this app: https://au.reachout.com/tools-and-apps/reachout-breathe
Set aside time to work on your worries, so they don't interrupt your everyday activities with this app: https://au.reachout.com/tools-and-apps/reachout-worrytime
Three Good Things Happiness Journal app: https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576

In an emergency call 000.

Beyond Blue Coronavirus Mental Wellbeing Support Service provides information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic. Hotline: 1800512348

Lifeline provides support if you are experiencing a personal crisis or have suicidal thoughts. You can call them 24 hours a day, 7 days a week from anywhere in Australia. Lifeline 24-hour crisis line: 131 114

Translating and Interpreting Service (TIS National) call 131 450