



# TAKING CARE OF YOURSELF

During uncertain and challenging times in our life our wellbeing can be drastically impacted. Going to sleep, going to work, going to gym, undertaking relaxation time and eating well, all within the confinements of our homes can have a significant impact on our wellbeing. It's critical to health and wellbeing that we try and keep some sort of normalcy to our lives.

Taking control of your situation can help to reduce the impact of negative and potentially harmful emotions. To help you feel a little better and give you a sense of control during a very uncertain time we have compiled some tips on keeping a positive wellbeing.

- 1> **STAY ACTIVE:** Set aside time during the day to complete a home workout. This can be anything from yoga to HIIT training. Jump on Youtube and find something new every day.
- 2> **FIND YOUR ROUTINE:** If you are working from home it is best to set a schedule and stick to it. Create structure similar to what you'd be doing in normal circumstances. Don't allow work to take over. Get dressed for work and set your hours. Take regular breaks and move from your desk.
- 3> **CONNECT WITH PEOPLE:** Make regular phone calls or video calls to people you know. Set up a virtual coffee catch up!
- 4> **BE ZEN:** Focus some of your energy towards meditation or mindfulness. These techniques can be very helpful in relieving stress and unwanted negativity.
- 5> **GET SOME SUN:** If possible, get outside a couple of times a day. Vitamin D is vital to healthy living. If you have access to a garden, go out and enjoy it. Only have a balcony? Sit out and read, meditate or listen to a podcast.
- 6> **SELF-INDULGE (YOU DESERVE IT!):** Run a bath, put a face mask on or give yourself a pedicure. Take time to provide yourself with some TLC.
- 7> **KNOCK OFF YOUR HOUSEHOLD PROJECTS:** Now's the time to knock off those household tasks that have been on your to do list. Set yourself a deadline and get those tasks done you have needed to do for a while.
- 8> **PUT YOUR CHEFS' HAT ON:** Good nutrition is key to staying healthy. During stressful times this becomes increasingly important. For many people it may be challenging to get some ingredients at the moment. If you're running low or not able to get certain things, that's ok, keep it really simple or substitute (Google substitute items). Additionally, have your supplies delivered to help support people's business.
- 9> **THINK OUTSIDE THE BOX:** Find things that keep your attention. Start planning a holiday, sort out all old photos/videos, learn a new language grab a 500 piece jigsaw puzzle or learn a new skill. It is a great time to learn new things.

Between the news and social media, we're all feeling saturated by COVID-19 updates right now. It's important to stay informed, but try to limit your media intake to a couple of times a day and use trusted news sources. If you catch yourself turning to social media because you're feeling isolated, take a break and spend time on another activity, such as those we've suggested here.

## IF IT'S ALL GETTING A BIT MUCH...

Even with self-care in place it can get overwhelming. Reach out to the **Love Me Love You Support Pathway** via the website.

Alternatively, other great options are telephone and online services such as **LIFELINE (13 11 14)** and **KIDS HELPLINE (1800 55 1800)**. You could also ask your mental health professional if they could chat over Skype/FaceTime if you're isolated. Additionally, online forums can be a great way to connect with likeminded people.

Connect with others, be kind and find what works for you in this challenging time. For more information or support please visit **lovemeloveyou.org.au**