

STAFF INFOSHEET

Novel Coronavirus

Health & wellbeing tips and resources

This guide has been developed with resources provided through Converge International and aims to provide information and ideas to support the health and wellbeing of all employees and particularly those who may be feeling unsure or overwhelmed in the current environment, who are experiencing isolation or loneliness or who are facing sudden change in the way they work.

Plan your day, don't follow it around

Build a routine that includes things that bring you joy and satisfaction. As well as being kind to those around you, this is your chance to be nice to yourself and do things you normally wouldn't have time for. Whether it's playing music, trying that recipe you've had for ages or learning a new skill, make it a must-do.

Be kind and compassionate to yourself

Everyone will struggle at some time. This is not life as usual so don't beat yourself up. Your sanity will benefit greatly if you accept that you are now living in different times and old rules are suspended.

Stay socially connected

Connect with someone outside the house once or twice a day. Set up virtual morning coffee and cake, Friday drinks or a dance party. We're fortunate to live in an era where we have the ability to be face to face even when we're physically separated, using platforms like FaceTime, Skype, Facebook, Zoom and WhatsApp amongst others. Instead of thinking how restricted you are, reframe the situation: now you can socialise with a friend every night of the week because everyone's at home! If using Tasmanian Government resources, you should speak to your manager or seek advice from your ICT Department as to the preferred solution within your agency.

Get physical

Fresh air. Gardening. Take the dog for a walk. A run. Exercise; it is critical for mental wellbeing.

Don't combine the present (or past) with the future

It's often easy to assume that because things are a certain way now, they will always be that way. We may find it much more difficult to imagine what it will feel like when things change. Remind yourself of times that were challenging and how you overcame those difficulties. You can do this!

Challenge negative thoughts

Everyone has thoughts that are negative at times; challenging these and acknowledging them as thoughts that will pass, will mean they are less likely to affect you.

Practice mindfulness

Mindfulness is the ability to be fully present, aware of where we are and what we are doing, without being overly reactive or overwhelmed and distracted by what is happening around us. In learning to be mindful, we can begin to counter many of our everyday challenges such as stress, anxiety and depression. Deciding to practice mindfulness is really like deciding to learn a new habit and that takes time, persistence and repetition. There are many great mindfulness apps available and YouTube is also a good source of guided mindfulness videos.

Sleep

Sleep is the natural way to restore the body and mind to normal functioning. To improve sleep, make it a priority like a healthy diet and regular exercise. Review your sleeping patterns and change habits that are not allowing you to achieve regular, restful sleep.

Resources

Your agency's Employee Assistance Program is available to provide confidential free counselling and support to employees and managers. But don't wait, ask for help.

Lifeline - 131 114

www.beyondblue.org.au

www.ruok.org.au

www.lifeline.com.au