

# Coping During the Stress of Covid-19



eLiPSE  
Electronic Clinical Pathways to Service Excellence

All Australians are being asked to socially distance, and where possible self-isolate. Chances are, many of us have never experienced anything like this before. This unexpected change can impact our daily life and routine, freedom and social connections. We might experience a whole range of emotions, sad, bored, frustrated and anxious. While these feelings are all normal they can trigger unhelpful thoughts and behaviours, such as increased drinking. It's important to remember that you have the power to look after your own mental well-being during this strange time. Remember to be kind to yourself and know that you don't have to be productive all the time. It's okay to take time some time-out to look after your mental well-being.

## Be Informed - Not Overloaded

- Access information from reliable sources
- Limit your access to 1 or 2 times a day
- Limit the amount of time you view these sources of information
- Limit your time watching/reading the news



Check out these reliable and accurate sources of COVID-19 information:

- Australian Government Department of Health: [www.health.gov.au](http://www.health.gov.au)
- Healthdirect Hotline: 1800 022 222 [www.healthdirect.gov.au](http://www.healthdirect.gov.au)
- Coronavirus Health Information line: 1800 030 080

# Stay Connected



- Phone family and friends to talk about your experiences.
- Message people just to check-in.
- Use video calling apps to see and speak
- Spend quality time with the people you live with by having conversations, playing games, watching movies or enjoying other activities

## Stick to your Usual Routine

- Keep to a routine as much as possible
- Have a daily plans, setting goals you'd like to achieve
- Scheduling tasks like house work, exercise, hobbies
- Make time for meals, breaks and sleep



## Do Things you Enjoy



- Limit comfort foods, alcohol and other substances
- Eat healthy
- Exercise regularly
- Get a good amount of sleep
- Play a sport
- Engage in hobbies or try out new hobbies that you love

For information and support, you can contact the following services:

- National Alcohol and Other Drug Information Service: 1800 250 015
- Counselling Online: [www.counsellingonline.org.au](http://www.counsellingonline.org.au)

For other Phone and Chat Support:

- Beyond Blue: 1300 22 4636 or visit [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Lifeline: 13 11 14 or visit [www.lifeline.or.au](http://www.lifeline.or.au)