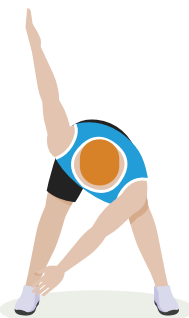


Tips for staying mentally healthy during the coronavirus pandemic



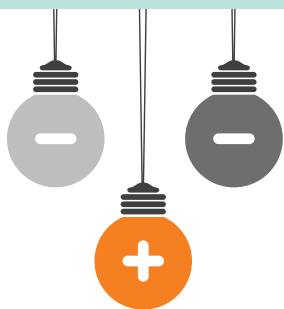
Access good quality information

Misinformation can create anxiety. Credible sources of information in relation to the coronavirus include the **Commonwealth Department of Health** and your State and Territory health department websites.



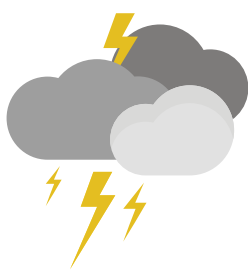
Prioritise sleep and exercise

Getting enough sleep and prioritising exercise is extremely helpful for stress reduction and overall mood. Exercise also helps us to keep our mind focused on the present moment.



Focus on the positive things in your life

It is easy to get caught in a catastrophic way of thinking during tough times. Remind yourself of what parts of your life feel safe, make you laugh or bring you joy.



Remember how you have coped in other difficult situations

We may find ourselves thinking that because things are the way they are now, they will always remain that way. This is not the case. Remember a time you have overcome a challenging situation in the past.



Limit your intake of social media

While we need to stay informed about the coronavirus, too much information can be overwhelming and anxiety provoking. Limit your media consumption if it is unhelpful or distressing.

Please be reminded that if you need to speak to someone, you can access our Employee/Workforce Assistance Program (EAP/WAP). To contact the free and confidential counselling service, please call **EAP/WAP on 1300 687 327.**