

Looking After Yourself in Lockdown

During this time it is important as best as possible to keep things in perspective, learn the facts and remain engaged with the activities that support your wellbeing. You just might need to get creative in how you continue to do them due to the lockdown restrictions.

When we are faced with events like these, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, seek out the facts and keep things in perspective. Unfortunately, the constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Therefore, try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's health alert or other trusted organisations such as the World Health Organization.

Practice Self-Care

To help encourage a positive frame of mind, it is important to look after yourself. Positive self-care practices include:

- maintaining good social **connections** and communicating openly with family and friends
- making time for **activities** and hobbies you **enjoy – have some 'me' time!**
- keeping up a **healthy lifestyle** by eating a balanced diet, keeping hydrated exercising regularly and getting quality sleep
- practising **relaxation, meditation, and mindfulness** to give your body a chance to settle and readjust to a calm state: <https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>.

Supporting your wellbeing

During this time, it is important as best as possible to keep engaged with the activities that support your wellbeing:

- maintaining the **same routine as school** to complete schoolwork whilst having breaks at the same time will ensure returning to school it isn't a huge adjustment
- **declutter for five minutes** - it can help to have an environment that feels good to you when you are suddenly spending a lot more time at home.
- **make a homemade meal** to help the family, practice good nutrition and learn a new recipe.
- **reducing use of technology** outside home learning time, particularly as you approach sleep due to the light from screens impacting sleepiness.

Additional Support

Sometimes things can get overwhelming, even if you've been practicing self-care. As most people will be physically distancing / self-isolating a great option is telephone / online services.

- If you or someone you know is in danger, call 000
- Helplines like Kids Helpline, Lifeline, BeyondBlue or Headspace
- Online Support like Bite-Back or The Brave Program
- Apps like Smiling Mind, Clear Fear or WellMind