# Summary of tips to promote wellbeing during the pandemic

The following is a summary of the range of advice for managing mental health right now from Beyond Blue, Phoenix, MindSpot, New Economics and the Australian Psychological Association

**Maintain perspective**

* There will be a vaccine
* Get to know history
* This is temporary, the pandemic will pass
* Stick to the facts and rely on scientific sources for your information

**Find a healthy balance in relation to media coverage**

* Avoid exposing yourself to a constant stream of negative information because it takes a huge psychological toll.
* Avoid reading social media posts that warn of an apocalypse and don’t get drawn into doomsday discussions.

**Maintain a practical approach**

* Keep good distance and hygiene
* Follow official information and advice
* Get organised - make plans and write your list of what you need to buy, organise, or set-up, and get on with doing

**Stay calm**

* Practice mindfulness and self-reflection (ESF has a series of mindfulness meditations developed with Dr Richard Chambers)
* Refer to tips for managing anxiety, grief and social isolation (will be covered in the next Digest)
* Keep looking forward

**Practice Compassion.**

* Be gentle, kind, and respectful to yourself and to others
* Take care to not seek blame. Coronavirus can affect anyone regardless of their nationality or ethnicity, those with the disease have not done anything wrong.
* Give – do service work, spontaneous kindness, anything that involves giving

**Self-care**

* Do something nice or fun for yourself
* Engage in hobbies
* Use the time to do something you have been meaning to do or wanted to learn

**Seek support**

* Activate your support network
* Stay connected with friends and family through social media and over the phone.
* Acknowledge feelings of distress and talk to loved ones about worries
* Seek professional support early if you’re having difficulties.

**Stay healthy**

* Maintain a healthy diet, exercise and sleep regime
* Keep routine
* Avoid or reduce the use of alcohol and tobacco.

**References**

Beyond Blue: https://mindspot.org.au/assets/pdf/10\_Tips\_for\_Coping\_with\_Infectious\_Diseases.pdf

Phoenix: https://www.phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Families-tip-sheet.pdf

MindSpot:

https://mindspot.org.au/assets/pdf/10\_Tips\_for\_Coping\_with\_Infectious\_Diseases.pdf

Australian Psychological Association: https://www.psychology.org.au/About-Us/news-and-media/Media-releases/2020/Coronavirus-psychologists-offer-advice-for-mainta

New Economics: https://neweconomics.org/2020/03/five-ways-to-wellbeing-at-a-time-of-social-distancing

Lifeline: https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

DHHS: https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19