



Issue 5 May 2020 - Issue-Specific Advice - Protecting Mental Health during COVID-19

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Restrictions are being eased in Victoria, but many are still working from home and feeling cautious and unsure about returning to 'the world'.

In this digest, a selection of information for managing mental health and wellbeing during COVID-19 is provided in relation to the following issues:

- Zoom Fatigue
- Coping with uncertainty
- Emotional fatigue
- Working from home
- Taking care of yourself
- Life after COVID-19

## Zoom fatigue

National Geographic

<https://www.nationalgeographic.com/science/2020/04/coronavirus-zoom-fatigue-is-taxing-the-brain-here-is-why-that-happens/>

This article draws from science to explain why “video calls wear on the psyche in complex ways”

## Coping with Uncertainty:

Psychology Today

<https://www.psychologytoday.com/au/blog/how-be-yourself/202003/how-cope-during-unsettling-times?collection=1142322>

Provides 5 ways to cope during COVID uncertainty

## Emotional fatigue

Psychology Today

<https://www.psychologytoday.com/au/blog/smashing-the-brainblocks/202004/reducing-the-risk-emotional-fatigue-during-the-pandemic>

Looks at how a 'tsunami of negative feelings, amplifying and intensifying each other, leads to extreme levels of emotional fatigue'.

## Working from Home

Black Dog Institute

<https://www.blackdoginstitute.org.au/docs/default-source/factsheets/black-dog-institute-managing-your-mental-health-at-home-covid-19.pdf?sfvrsn=8>



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Mental Health Foundation (UK based)

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working>

SuperFriend

<https://www.superfriend.com.au/news/staying-motivated-working-home/>

OzHelp

<https://ozhelp.org.au/covid-19-update/>

These websites provide information, tips and tools for looking after your mental health while working remotely and from home during the pandemic.

OzHelp offer an online consultation service, where you can book a session with a Wellbeing Support Officer for face to face screen connection (available for managers and groups)

## Taking Care of Yourself

Reach Out

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

- Stay active (indoor exercise)
- Take 10 to be zen
- Chat with your mates
- Check out our forums
- Make a homemade meal
- Take a break from the news
- Make a music playlist
- Declutter for five minutes
- Watch or read something uplifting
- Learn something new.

## Life after COVID-19

Black Dog

<https://www.blackdoginstitute.org.au/news/after-covid-19-what-will-normal-life-be-like/>

This article gives ideas for what to expect next and how to adjust to the new normal.