Take care of your mental health

While there is a great deal of focus on taking care of your physical health as COVID-19 continues to spread, taking care of your mental health is equally important. If you are feeling anxious, worried, frustrated or sad about the world around you, be reassured that these are completely normal responses during times such as these. The following tips will help you to take care of your mental health.

Take a break from the news
Media coverage of COVID-19 is at saturation point. Limit your intake of information, use social media wisely and follow trusted sources such as government or WHO.

Keep in touch
Whatever your situation, it is important to stay connected with family, friends and colleagues. Use technology to connect and remember to be kind.

Routine matters
Regardless of your situation, try and keep to your normal routine. Get up and go to bed at the same times, exercise, eat well and avoid alcohol and other substances.

Keep calm and keep perspective
Focus on what you can control, rather than what you can't and take life one day at a time. Relaxation activities such as mindfulness, music or breathing exercises help.

Remember the good news
During these challenging times, there are still good news stories. Share and acknowledge the kindness of others and keep a lookout for other positive stories.

Take care of others
Many in our community need a helping hand right now. Shop for groceries, pick up medication or just listen to someone who is lonely or in need of a chat.

Acknowledge how you are feeling, but also acknowledge that during this time of uncertainty, your responses are normal. The situation will not last forever, and we will likely be more resilient in the future. Make looking after yourself and those around you a priority. If you need a helping hand, we're here to support you and your family members.