

- Have a shower or bath
- Light candles or incense
- Go for a walk
- Mindfulness meditation
- Breathing exercises
- Chat with a friend
- Do something with your hands eg; fidget spinner or stress ball

RELAXATION

- After 2 weeks, re-assess how you're feeling
- be realistic about self care plan
- Think about barriers and how to overcome them.

REFLECTION

- Read comics
- Start a movie club where everyone presses play at the same time and have a discussion after the movie.

HAVE A GOOD LAUGH

- Include whole grains, lean proteins and healthy fats and drink plenty of water.
- Solo or group cooking challenges; Mystery box challenge, no cook dish, numbered ingredients challenge

BALANCED DIET

- Religious engagement
- Yogic practice
- Walk in nature

SPIRITUAL SELF CARE

- Congratulate yourself on getting through a difficult time
- Daily gratitude check ins

GRATITUDE

- During this time, it's really important to feel connected and reach out to your friends and family.
- Try not to overload the conversation with discussion around Coronavirus.
- Take breaks from social media to limit time of news exposure.

STAY IN TOUCH WITH LOVED ONES

- Move to a different room
- sit in the backyard or a park
- abide by social distancing and sit in a room with others/family or friends.

SWITCH UP YOUR ENVIRONMENT

MANAGING SELF CARE DURING COVID-19 OUTBREAK

- Maintain routine
- Try to start new hobbies; learning to drawn or paint.
- eg; 15 min of stretching to start the day, complete art project, one hour of instrument playing/ virtual jamming
- Set limits on screen time
- Researching a new topic or interest

ENGAGE IN MEANINGFUL ACTIVITIES

- Reorganising wardrobe
- Declutter bedroom
- rearrange pantry
- Create daily checklist and tick of tasks once completed

COMPLETE TASKS THAT ARE PRODUCTIVE

- Sit quietly and name, without judgement what you're feeling
- Keep a reflective journal
- Focus on what you can control

CHECK IN WITH YOUR EMOTIONS

CONSISTENT SLEEP ROUTINE

- Stretching
- Breathing
- Walk around the block
- Weights

REGULAR EXERCISE

- YouTube exercise videos
- Listen to podcasts or TED talks
- Use chat forums: NextStep @ <https://au.reachout.com/>
- Make a spotify playlist
- Online resources at [headspace.org](https://www.headspace.org)

HEAD ONLINE FOR WAYS TO SUPPORT YOURSELF

