

COVID-19 Mental Health Tips

1. Keep a regular routine – create a weekly timetable that has dedicated times for meditation, workouts, exercise, reading, conversations and creative projects.
2. Maintain some form of daily physical and mental exercise – walk, yoga, pilates, jogging, free weights, meditation and journaling.
3. Meditate – use free guided meditation apps to help you press pause and take breaks from the pressure you may place on yourself and the pressures you may be feeling.
4. Be aware of information exposure – try to access reliable sources of news, switch off when you need to, limit your social media intake and decide what kind of communication is not helpful to your wellbeing.
5. Stay connected to community – create a routine with video calls, emails, texts, or letter writing to substitute how you would normally socialise.
6. Express your creativity- draw, paint, write, journal, read, play music, sing, or dance. Remember that creativity is your gift, so give yourself permission to use it freely.
7. Be prepared for change – try not to panic or lean into fear. Adaptability will be your greatest asset and this strength that you have already developed as part of your creative journey.
8. Keep things in perspective- when you are overwhelmed, remind yourself that you are doing the best you can, that what you are going through is a shared experience and that you are not alone in this..

Everything you are going through is temporary.

You are not your thoughts and feelings - they can be managed.

You will overcome this interruption.

