

Frame *today*

MENTAL HEALTH MATTERS

COPING DURING LOCKDOWN



COPING DURING LOCKDOWN

It's normal to feel sad, stressed, confused, scared or angry. Talking to people you trust can help. Here are some coping strategies you can use.



MAINTAIN A HEALTHY LIFESTYLE



as best as you can with proper diet, adequate sleep and exercise, and social interaction with loved ones at home or online.



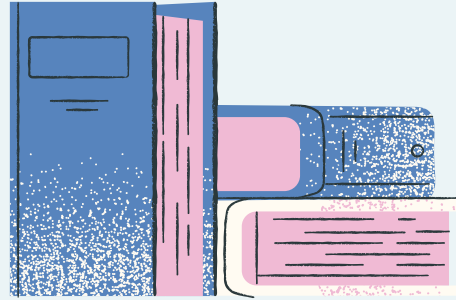
SEEK PROFESSIONAL HELP

for physical and mental health needs instead of smoking, drinking alcohol or using drugs to cope.



GATHER FACTUAL INFORMATION

from credible sources to help you accurately determine your risk and take reasonable precautions.



AVOID BAD MEDIA

Reduce the time you and your family spend watching or listening to media coverage of news that you find upsetting.



PRACTICE MINDFULNESS AND MEDITATION

Next time you find your mind racing with stress, try the acronym STOP:

S – Stop what you are doing, put things down for a minute.

T – Take a breath.

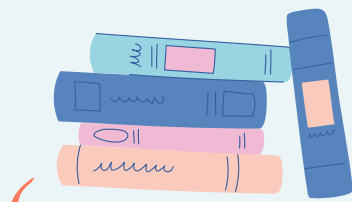
O – Observe your thoughts, feelings and emotions.

P – Proceed with something that will support you in the moment.

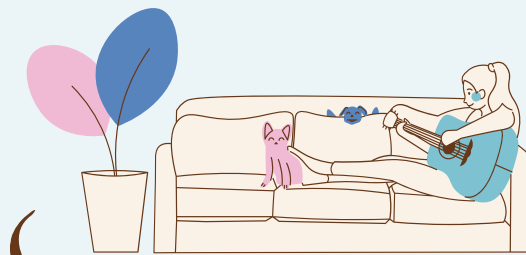
Light a candle, focus on your breathing, try a guided meditation on Youtube, play relaxing music or soothing sounds.

Tip: If you find it hard to focus, try watching the flame of your candle.

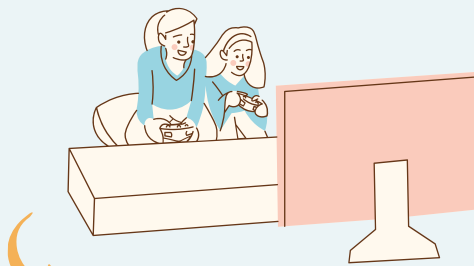
SOME THINGS YOU CAN DO WHILE AT HOME



"Read a good book"



"Play music"



"Watch favorite tv show"



"Self-care"



"Exercise"



"Try a new recipe"

REACH OUT

It's important for all of us during this time to keep communicating with others. Reach out to friends and family if you need someone to talk to.

If you are struggling and are not sure who to talk to call Lifeline

Lifeline: 13 11 14