HOW TO LOOK AFTER YOUR MENTAL HEALTH
DURING THE CORONAVIRUS PANDEMIC

The outbreak of COVID-19 and subsequent declaration of a global pandemic has contributed to feelings of uncertainty and stress in the workplace. While it is completely normal to be feeling anxious in these unprecedented times, looking after your mental health at work and learning to cope with these feelings of unease is important.

The evolving nature of the coronavirus pandemic makes it difficult to take care of your mental health in the workplace. Mental health organisations have provided resources to help people cope with COVID-19 anxiety and below are some tips from Headspace, Beyond Blue, Lifeline and The Australian Psychological Society.

Keep Perspective

Maintain perspective and be assured that health professionals and Government agencies worldwide are working hard to treat those affected and find a vaccine. It may also be comforting to remember that the number of cases of coronavirus in Australia are still relatively low and that most people have only experienced mild symptoms and have recovered well.
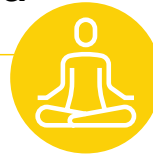
Stay in Contact

Social distancing and isolation can be lonely and stressful so make sure you stay in regular contact with your friends and family. Find creative ways to stay in touch and lean on them for support and reassurance during this time.

Limit the Coronavirus Coverage You Consume

In a 24 hour news cycle it is easy to become overwhelmed by the amount of differing information and opinions being presented to you, especially with the ever changing nature of this pandemic. Try to limit the amount of coverage you are consuming, in the form of traditional news as well as social media.

Choose a Reliable Source & Keep Informed

Find a credible news source that provides reliable, accurate information. Keep up to date with new developments so that you know what is happening and what you should be doing. Only follow information that is provided to you by reputable news sources. The World Health Organisation and Department of Health as well as statements from elected officials are a good source of reliable information.

Practice Self-Care & Remain Calm

Try to remain calm and not give into increasing feelings of panic. Participate in activities that make you feel physically and emotionally safe, try relaxation techniques like meditation or mindfulness and maintain a healthy lifestyle. This includes drinking water, getting exercise, eating healthy and getting enough sleep. Continue to engage in your hobbies, if it is safe to do so, or find something new that makes you happy and distracts you from feeling anxious.

Take Reasonable Precautions

Do your best to follow directives and remain isolated unless you are in the workplace or are leaving home for necessities. Practice good hygiene and social distancing when in the workplace. Be comforted by the fact that you are doing everything you reasonably can to avoid contracting or transmitting the virus.

Seek Support

Feelings of fear, anxiety, anger, frustration, confusion, sadness and denial are normal. However, if you feel like you cannot cope with these feelings on your own please seek professional help. The Australian Psychological Society, Beyond Blue, Lifeline and Headspace offer more information about dealing with these intense emotions on their respective websites listed below and offer professional counselling via phone or webchat.

BISHOPS

Throughout this pandemic, looking after your mental health is just as important as taking care of your physical health and hygiene. If you are feeling overwhelmed by the situation and experiencing COVID-19 anxiety at work follow the directives above or find more information and seek support from the organisations listed below.

Beyond Blue   **Lifeline**   **Headspace**   **The Australian Psychological Society**

Care was taken when writing this guide and this information was correct at the time of publishing, however the COVID-19 situation evolves rapidly. Refer to the Australian Government Department of Health's website for the latest information.

BISHOPS

Tips for Employers

Managing the workplace during this pandemic is challenging but it is important to look after not only the physical health and safety of your employees, but also their mental health. Safework have outlined some tips for employers to manage COVID-19 anxiety in the workplace and help their employees through this difficult time.

Remain Well Informed

Keep up to date with new developments and directives and only follow the advice from credible sources of information.

Maintain Regular Communication with Employees

Share any new developments that may impact your workplace and employees as they come through and any company directives that they should be following.

Consult Employees

Understand their feelings during this time and make sure they have a point of contact within the company to express their needs and concerns. Try to maintain company morale.
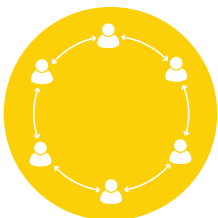
Refer to Professional Support Networks

Anyone who is struggling with their mental health should be referred to a mental health support network for professional care such as the ones listed below.

Throughout this pandemic, looking after your mental health is just as important as taking care of your physical health and hygiene. If you are feeling overwhelmed by the situation and experiencing COVID-19 anxiety at work follow the directives above or find more information and seek support from the organisations listed below.

Beyond Blue　　　　**Lifeline**　　　　**Headspace**　　　　**The Australian Psychological Society**