

Tips for self-isolation during COVID-19



If you need to self-isolate due to the evolving COVID-19 situation, here are some tips to assist with your mental health and wellbeing.

During unsettling times it is appropriate and natural to feel unhappy, sad, guilty and many other emotions. We can still take steps to feel as happy and calm as we can be, even given the extreme circumstances. This can help us to weather the pandemic more effectively and strengthen ourselves, enabling us to be helpful to others in our community.

Stay connected

Technology will help us call, text, video call, send messages of hope, images of people aiding each other. **Strong social connection is a key** to wellbeing and can help you avoid feeling trapped or lonely.

Take care of your body

Rest, recovery, exercise and nutrition are vital for your health as well as your mood. Avoid using alcohol and others substances as a coping strategy. Stick to a regular routine of personal hygiene and dress. **Stay active.** Even in a small space you can do a work-out at home. Start a new **healthy habit.**



Monitor media overload

We all want to stay up to date without getting overwhelmed. Perhaps check the news first thing in the morning and once in the afternoon or evening.

Nature

Green spaces, **fresh air** and **sunshine** can be soothing in times of self-isolation. Spend time in the garden, courtyard balcony or backyard.

Catch up on books, movies, podcasts, or TV shows.

This is a great time to binge watch shows you want to and the ones your friends have said are a must see.

Learn and grow

Use the opportunity to your advantage by learning **something new.** Learn to play a musical instrument, try a new recipe, experiment with different **meditations**, **write** the book you have always wanted to, or **journal** your thoughts and feelings. You might start a blog or go through your things and declutter. Reengage with your favourite past times and **hobbies.**



Help others

In self-isolation we can still help others and draw on our altruistic nature. Call a friend or family member and offer a listening ear, start a online book club/discussion group, point people in the right direction for **trusted information** about the coronavirus, and be a source of **reassurance** or **perspective giving.**

Focus on the good

Even in the most trying times we see fellow humans doing wonderful things for each other. Whether it is singing to each other across the street, children delivering groceries to the elderly, or someone taking time to create a funny music list of coronavirus themed songs. Looking out for these little moments of joy, **humor**, **gratitude** and tiny causes for **hope** can help get us through.

FUTURE FOCUS

Can we gain hope about the future? Many people will experience post-traumatic growth and develop a sense of meaning in this time:

- Deeper **appreciation** for what really matters in life.
- Enhanced **relationships** with others. The tough times can bring us together.
- Amplified personal **strength** and self-belief.
- Spiritual **growth**
- Ability to see new **possibilities** in life.

SEEK SUPPORT EARLY WHERE NEEDED

If you feel that the stress or anxiety you are experiencing as a result of COVID-19 is impacting your ability to function, seek extra support.

Speak to your **General Practitioner** to make a plan for support, including referral to a Psychologist

Employee Assistance and Psychological Service (EAPS): Support is available 24/7 for all NSW Ambulance employees, partners and families. Phone: **1300 360 364**

Speak to a **NSW Ambulance Chaplain**

For 24/7 phone and online support, try:

- Beyond Blue:** 1800 512 348
- Lifeline:** 13 11 14

Visit the NSW Ambulance Families page for more details, including the support options that are available to NSW Ambulance staff.
www.ambulance.nsw.gov.au/fonassn