



# STAYING CONNECTED

During COVID-19



When many things feel uncertain or out of our control, one of the most effective ways we can manage stress and anxiety is to focus on the actions that we can control. Here is a quick summary of 10 things that are within our control:

## **1. Maintain healthy habits**

We need to continue to frequently wash our hands and avoid touching our faces, so that we can lessen the chance of infecting ourselves and others. We also need to strengthen our immunity by eating well, exercising daily and getting adequate sleep.

## **2. Be proactive**

Isolating ourselves if we feel we might be at risk

## **3. Social distancing**

Remember that physical distancing does not need to mean social disconnection. Now more than ever we must actively work to maintain our social connections.



#### **4. Reach out to the elderly and people in self isolation**

COVID-19 is not the only thing that's contagious at the moment, so is kindness and compassion.

#### **5. Stay connected**

Check in with loved ones and stay socially connected. Talk with people you trust about how you are feeling. Look out for our friends, family, colleagues and elderly neighbours whether it's across the fence or using tools like Skype, Hangouts or Zoom.

#### **6. Set limits around news and social media**

Choose carefully the media you interact with on a day-to-day basis.

#### **7. Choose to look for the positive**

If you are stuck at home, maybe it's a great time to de-clutter the house, pick up the guitar or learn to meditate.

#### **8. Be grateful**

Express gratitude whenever you get the chance. Write down three things that you are grateful for each day (either in a journal or on the shower glass door).

#### **9. Stay calm and be present**

Challenge yourself to stay in the present. Engaging in mindfulness exercises is a powerful tool to stay grounded when life feels outside your control.

#### **10. Prioritise self-care**

By incorporating self-care activities into your daily routine, like listening to music, going for a walk or talking with friends, you give your body and mind time to rest and rejuvenate helping reduce any symptoms of stress and anxiety. Looking after your own wellbeing will help you get through this challenging time, and will help you to better care for others.

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