



- Tips & Ideas -

Health & Wellbeing

Physical, emotional and mental health self-care ideas you can do at home.

Looking after ourselves, our families, friends and neighbours has never been more important. Here are a few ideas to keep ourselves and those around us feeling healthy and happy.

Meditate

Meditation can reduce stress, help you gain focus, aid sleep and help make you feel a little calmer in times of change. There are many relaxation and guided meditations you can access online.

Eat well

We are so lucky to have so many wonderful fresh fruit and vegetables in store so be sure to eat plenty of fresh and whole foods and avoid processed or canned goods high in salt when possible.

Learn a new skill

Immersing ourselves in learning is a great way to challenge the mind and create an environment of accomplishment. Be it a new recipe or signing up for an online course there are lots of opportunities to learn new things.

Get connected with nature

Nature has a wonderful way of helping us feel more connected and grounded. Take off your shoes and walk in the grass in the backyard, sit on the verandah in the autumn sun or take the dog for a walk. Small things can make a big difference to our wellbeing.

Seek help

If you, or someone you know, is feeling overwhelmed by the current situation please do not hesitate to contact Lifeline: 13 11 14 Beyond Blue 1300 22 46 36

Exercise

There are lots of ways to exercise in and around home. Go for a walk on a local trail or follow an online workout. Whatever you choose, try and do something every day.

Seek gratitude

It can be hard to be grateful when the world we know is changing, but try and spend a moment counting blessings to help keep you grounded.

Keep an eye on children

Some children may be taking all of these changes in their stride and others may be feeling really anxious. Encourage your child to talk about what they are hearing and feeling and try and keep them away from online media as much as possible.

Check in on your neighbours

Give neighbours a phone call or drop a note in their letterbox to let them know you're able to help if they need it.

Stay connected

Physical distance doesn't need to mean social disconnection. Check out our Connecting with Loved Ones tips sheet which includes creative ways to stay in touch with those you love.