

The power of Anxiety

- Anxiety is our in-built alarm system aimed at helping us survive
- Anxiety releases stress hormones when our sympathetic nervous system is activated by a threat to our health and wellbeing
- Covid-19 is a real threat to our health and feeling anxious about it is normal
- Your body moves blood flow towards our brain and muscles to support our ability to problem solve and engage in a 'fight, flight, freeze' response
- Take a moment to thank your brain for preparing you to respond and be prepared as you need to be. "Thanks brain"
- Use your natural anxiety response to be pro-active in keeping yourself and others safe around you

Consider your anxiety as a protector. Try and remain calm and not become distressed.

Good websites for credible information

- [Covid19data.com.au](https://covid19data.com.au)
- [Dhhs.vic.gov.au/Victorian-public-coronavirus-disease-covid-19](https://dhhs.vic.gov.au/Victorian-public-coronavirus-disease-covid-19)
- [Www.who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

What I can do

- **Hand washing**— regularly wash your hands with soap thoroughly will prevent the spread of the virus. Use Hand sanitizer (if available) when there is no soap
- **Social distancing**—try and avoid gatherings of large numbers of people
- **Don't let this get you down!** Make sure you maintain social connections and choose activities that support your mental and physical health
- **Be productive:** Use your down time to reconnect with yourself and what is important to you. Consider this a time as a chance to try new things, be creative, be active and organized at home
- **Maintain your routine:** Keep sleep/wake cycle as normal as possible. Remember to eat regularly and keep up your self-care activities like showering.

What to do during Quarantine to fill in time

Sort out your digital photos	Gardening	Organise your music playlists
Do a photography project in your yard	Write letters to friends and relatives	Create a list of “things to be happy about
Clean your room!	Catch up on great movies	Phone old friends
Start a gratitude journal	Watch TED Talks	Fix broken stuff
Write a story or poem	Try positive psychology activities	Try colouring in
Exercise or Yoga off YouTube	Listen to podcasts	Re-arrange your room
Work on a resume	Reorganise your wardrobe	Design a dream home
Try an art project	Practice an instrument (if you play)	Practice mindfulness

Where to get help for your mental health

eheadspace

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

<https://headspace.org.au/eheadspace/>

Emergency

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Lifeline

13 11 14 – 24/7

Kids helpline

1800 551 800 – 24/7

Bendigo Health Psychiatric Triage

1300 363 788

This service is a telephone-based assessment and support services that provides 24/7 access to support in mental health crises.