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
- 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

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

### 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.


**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.