

REDUCE YOUR RISK

Practise self-care and take care of your mental health during times of uncertainty

TOP TIPS

Remember to look after yourself



It's OK

Feeling worried and anxious is normal when we don't have all the information we need or when there are things we can't control.



Take a break

Media coverage of COVID-19 is at saturation point. Limit your intake of information, use social media wisely and follow trusted sources when you need the details.



Reach out

There are people around you that can support and assist you. You can always ask for help, and you can offer support to others.



Find perspective

Focus on what you can control, rather than what you can't and take life one day at a time. Self-care is essential right now, so practise some daily activities that focus on you.



Routine Matters

Try and stick to a regular routine. Get up and go to bed at the same time, exercise and eat well.



Look for good

It's not all doom and gloom. There are good news stories out there. Share and acknowledge the kindness of others and practise kindness yourself.