



HELPING PARENTS DURING COVID-19

Your health and wellbeing: Getting back to basics

The COVID-19 outbreak has led to many changes to daily life. As we adjust to new ways of living and periods of distancing and isolation, here are some tips on managing your own health and wellbeing at this time.

PHYSICAL HEALTH

Daily physical exercise can be enormously helpful to our physical and emotional wellbeing. This could involve walking, riding or even completing a workout online. Healthy, regular eating patterns also contribute to better mind states. Avoid the use of alcohol, tobacco, and other drugs to cope with stress.

Our sleep patterns may change too. Common problems include troubles falling or staying asleep or waking too early. Implementing an evening routine that is predictable and calming can assist with improving sleep. The hour before bed should be spent 'winding down' without screens or devices.

RELATIONSHIPS

Make time each day to connect with others, in person or by phone or video. Set up online chat times with friends or family members who you would normally see in person. Schedule quality time with those you live with, either doing fun activities or just relaxing together.

Being with your family in a small space for a much longer period than usual means more opportunities to amplify both positive and negative dynamics. To survive and thrive at this time look for shared interests, find areas of agreement, find opportunities to express affection and appreciation, and share feelings.

SELF-CARE

Manage your expectations and recognise that these are unusual and stressful times. Be compassionate with yourself. Focus on what is in your control. Try to find a balance of relaxation, exercise, fun, and social contact in your day. Consider minimising listening to, reading or watching news if it is causing you to feel too distressed or anxious. Seek information from trusted sources that can assist in taking practical steps to prepare your plans and protect you and your family.

REACHING OUT

Caring for one another and small acts of altruism can make a big difference during the COVID-19 outbreak. You may like to check on a neighbour who lives on their own, text a friend who is doing it tough, volunteer for a local charity or other organisation, or call an isolated family member just to check in. Practising kindness and helping others are great ways to reinforce our own feelings of agency and control. It can also help us to feel empowered and connected.

Developed by ATP Generation 3 in collaboration with SEED and the Melbourne Children's Campus