

Ways to manage your stress during the Covid-19 outbreak



You are not alone. It is normal to feel stressed, sad, confused or angry during a crisis. Contact your family and friends! Talking to people you can trust will help.



Maintain a healthy lifestyle! Fresh fruits and vegetables, sleep, exercise & social contact with your loved ones over phone/email will help you deal with this outbreak.



Have a plan on who you can talk to if you feel overwhelmed. Health workers, counsellors, your workplace and family are there for you.



Get the facts not the rumours! Facts can help to minimise fears. Find a credible source such as World Health organisation or the Australian and Queensland Government Health Agencies.



Explore outdoors! Limit the time you and your family are listening/reading media coverage – this can be upsetting and agitating. Spend this time to reconnect with your local open-air spaces and get active whilst doing so!



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.