

Coronavirus (COVID-19): Self-Care Tips and Strategies

TIP SHEET

With increased COVID-19 restrictions now in effect, including Stage 3 Restrictions in regional Victoria and Stage 4 Restrictions in metropolitan Melbourne, many people may feel anxious, worried or overwhelmed.

It's important to know that these feelings are normal, but also to take steps to look after yourself and practice self-care. Self-care is part of self-discipline, which is an important aspect of how we manage our work-life balance.

In this resource, we share tips, strategies and resources to help you prioritise self-care and stay well during the COVID-19 crisis and into the future.



Create pauses in your day, like punctuation marks in writing.

Quick tips

- Set boundaries between work and home life.
- Write a daily or weekly plan for your self-care strategies.
- Set a challenge for yourself and/or your family.
- Connect with colleagues, friends, neighbours and family.
- If you need to take a break during lockdown, plan some annual leave or time off.
- Exercise – walk, run or bike ride (in keeping with the 5km travel limit from your home) to help support your physical and mental health. Exercise helps to release tension and stress, and boost your motivation and focus.
- During the day, take breaks away from your screen, phone and workspace.
- Daily meditation and mindfulness can support your mental health, assist with focus, and help you stay motivated. See 'Useful resources' over the page for more information.
- Create a daily routine for working from home. This might include setting morning tasks, scheduled breaks, and a consistent, end-of-day knock-off time. For more tips, visit <https://bit.ly/RAV-WFH-Tips>

Activities and hobbies

Walk, run, or cycle

Set yourself a new course in your area, within 5km of your home for metropolitan Melbourne.

Spend time outside

Try to spend at least 10 to 15 minutes in the sunshine or fresh air per day. This will help your body to release Melatonin and Vitamin D which aid in sleep.

Disconnect from screens

Give yourself a break from screens when you're not working.

Set goals

Set yourself a goal to learn something new. This might include learning to cook a new dish or cuisine, starting to learn a language, or picking up a new musical instrument. If there's an online course or some professional development that you've been wanting to do, now might be the time to do it.





Try gardening

Whether you're getting outside in your garden or courtyard to do some maintenance or planting, cultivating an indoor oasis, or simply caring for a balcony herb garden, spending time in nature can help your wellbeing.

Set yourself a physical challenge

Joining an online personal training group, boot camp or fitness app is a great way to get motivated.

Practice meditation and mindfulness

Use the time available to set up a regular meditation practice, using an app or online program (see 'Useful resources').

Engage in your personal spirituality

Reconnect to the spiritual practices and/or rituals which hold meaning for you.

Read a book

Start a virtual book club with friends, or challenge yourself to read a certain number of fiction and non-fiction books during lockdown. If you usually use an e-reader, try reading from a physical book to give your eyes a break, particularly if your job requires a lot of screen time.

Stay connected

Find new ways to connect with family and friends, by phone, email, or video calls, or even by writing them a letter!



Other recreational activities

There are many fun and creative activities you can do during lockdown, including:

- listening to podcasts
- doing a puzzle
- playing a board game with your family, or online with friends
- watching films/television series
- having fun with arts and crafts, including colouring in.

Useful resources

Fitness

Couch to 5K

<http://www.c25kfree.com/>

Google Fit

<https://www.google.com/fit/>

Centr (6 weeks free)

<https://centr.com/join-us/>

Flow State Studios (7 days free)

www.flowstatesstudios.com/

Samsung Health (Android)

www.samsung.com/samsung-health/

Apple Health (iOS)

www.apple.com/au/ios/health/

Home Workout - No Equipment

<https://leap.app/>

My Fitness Pal

www.myfitnesspal.com/apps/

7 Minute WorkOut

<https://7minuteworkout.jnj.com/>

Yoga with Adriene

<https://yogawithadriene.com/>

Mindfulness and meditation

Smiling Mind

www.smilingmind.com.au/

ReachOut Breathe

<https://au.reachout.com/tools-and-apps/reachout-breathe>

Insight Timer

<https://insighttimer.com/>

Aboriginal cultural mindfulness and restorative practices

The following offerings can be enjoyed and practised by anyone.

Dadirri, Miriam Rose Foundation

https://youtu.be/tow2tR_ezL8

Kanyini (Aboriginal spirituality of Central Australia), Bob Randall

<http://www.kanyini.com/>

'Spirit Dream' Mindfulness Meditation, Ash Dargan

<https://youtu.be/VkGpyM7jEfM>

Need support?

Relationships Australia Victoria has more than 70 years' experience supporting Victorians.

We're still providing counselling and other services during COVID-19, including through telephone and video appointments. [Contact us](#) for more information.

To access all our available tip sheet resources, visit www.rav.org.au/COVID19-Resources