



I'm scared → We're all a little scared, lets support each other



People aren't following the guidelines → What can I do to benefit my community?



I'm stressed all the time → I have empathy for others

I can't do anything that I enjoy → There's time to learn something new

This is impacting my future → Our community will become stronger

The economy is crashing → It's a time to get creative

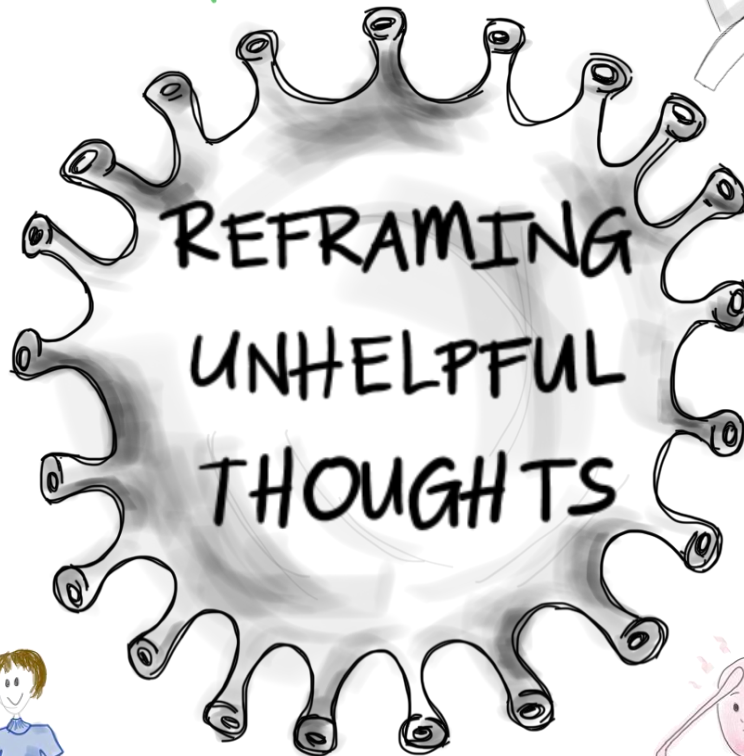


I'm worried about my family becoming unwell → We have amazing medical staff and facilities

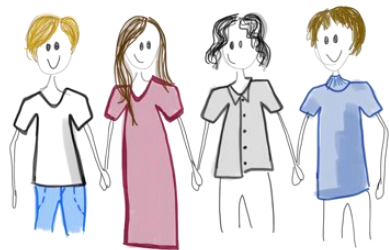
I feel out of control → What elements of routine can I keep?



The world is going crazy → The world is responding in the best way possible



I need a drink → I can take control of my behaviours



I feel lonely → I can acknowledge I need people around me and can ask for help

I feel physically and mentally unhealthy → I can recognise my feelings and do something about it



AGGHHHH! → we all feel a little like that and its ok

TWO TWO ONE
Mental health charity

At times like this it is normal to have anxious, worried and negative thoughts. We all do.
Here are 3 tips to help you manage

1. Keep as many routines as possible = get dressed in the morning, exercise, socialise (virtually)
 2. Give your mind a break from the news and your thoughts = turn off notifications and do mindful activities
 3. Do and talk about positive things = continue to do things that bring you joy and share stories with friends.
- Stay connected with people and don't be afraid to ask for help

And reach out if needed:

Phone Beyond blue 1300 22 4636 OR Lifeline 13 11 14
Chat online at beyondblue.org.au or lifeline.org.au