

Self-care



COVID-19 TIP SHEET

As COVID-19 restrictions and lockdowns continue to impact the way we live, 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 and resources to help you prioritise self-care and stay well during the COVID-19 pandemic and into the future.

Nine quick self-care tips

1. Set boundaries between work and home life.
2. Write a daily or weekly plan for your self-care strategies.
3. Set a challenge for yourself and/or your family.
4. Connect with colleagues, friends, neighbours and family members.
5. If you need to take a break during lockdown, plan some annual leave or time off.
6. Exercise – walk, run or bike ride (in keeping with any travel limitations from your home) to help support your physical and mental health. Exercise helps to release tension and stress, and boost your motivation and focus.
7. During the day, take breaks away from your screen, phone and workspace.
8. Daily meditation and mindfulness can support your mental health, assist with focus, and help you stay motivated. See 'Useful resources' on page 2 for more information.
9. 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.

Activities and hobbies

Walk, run, or cycle

Set yourself a new running course or look for parks you might not have explored within your local area.

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' on page 2).

Engage in your personal spirituality

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

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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/crafts, including colouring in.

Useful resources

Fitness

- **Couch to 5K:** c25kfree.com
- **Google Fit:** google.com/fit
- **Centr (6 weeks free):** centr.com/join-us
- **Flow State Studios (7 days free):** flowstatesstudios.com
- **Samsung Health:** samsung.com/samsung-health
- **Apple Health:** apple.com/au/ios/health
- **Home Workout - No Equipment:** leap.app
- **My Fitness Pal:** myfitnesspal.com/apps
- **7 Minute WorkOut:** 7minuteworkout.jnj.com
- **Yoga with Adriene:** yogawithadriene.com

Mindfulness and meditation

- **Smiling Mind:** smilingmind.com.au
- **Insight Timer:** insighttimer.com
- **Beyond Blue:** beyondblue.org.au/get-support/staying-well/relaxation-exercises
- **ReachOut Australia:** au.reachout.com/tools-and-apps

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?

We're committed to safely supporting Victorians throughout the evolving COVID-19 situation. Visit www.rav.org.au/COVID-19 to access more free resources and find out how we can assist you.

About us

Relationships Australia Victoria has over 70 years' experience providing family and relationship support services across Melbourne and Victoria.



We are committed to providing safe, inclusive and accessible services for all people.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.