



# WORKING DURING COVID-19

If you are going to work during Covid-19, you might experience some different emotions. These may be new feelings, or things you've experienced in the past.

Here are some of the feelings you might feel and also some tips for looking after your mental health during coronavirus. Not all of these ideas will work for everyone, so try to avoid putting pressure on yourself and just do whatever you're comfortable with.

## Some feelings you might experience:



Anxiety



Anger



Stress



Guilt

## Tips:

### Pause. Breathe. Reflect

- Take some slow breaths
- Slow breathing is one of the best ways to lower stress, because it signals to your brain to relax your body
- Notice how you are feeling and what you're thinking, without judgement. Instead of responding or reacting to those thoughts or feelings, note them, and then let them go

### Connect with others

- Talking to people you trust can help. Keep in regular contact with people close to you. Tell them how you are feeling and share any concerns.

### Keep a healthy routine

#### DO:

- Keep a regular bedtimes
- Keep up with personal hygiene

- Eat healthy meals at regular intervals
- Exercise regularly
- Allocate time for doing things you enjoy
- Make time for doing things you enjoy
- Take regular breaks from on-screen activities

#### DON'T:

- Don't use alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation

### Connect with others

- Don't expect too much of yourself on difficult days. Accept that some days you may be more productive than others.
- Reduce what you watch, read or listen to regarding the news. Seek the correct information from trusted sources.
- Helping others can be good for you too, if you are in a place to do so.

If you're experiencing a mental health problem, it's OK to seek help. This could be talking to a mate, your Site Manager, a MATES Field Officer, a doctor or by ringing a support line like MATES 0800 111 315 or the National Helpline 1737.

Remember it's OK not to be OK and you are NOT wasting anyone's time if you seek help for your mental health.