



Tips to cope during isolation



STAY POSITIVE

- Think of all the positives
- The situation won't last forever
- We're all in this together
- Be kind to yourself



STAY CONNECTED

- With friends, family and your community
- With Australia and the rest of the world
- Visit trustworthy sites e.g. Department of Health or the World Health Organization



KEEP YOUR BODY & MIND ACTIVE

- Go for walks outside
- Try some exercises at home
- Try yoga or meditation



ASK FOR HELP

If you feel worried or stressed.

- Yarn with friends or family
- Talk to your GP or a counsellor

For more information visit strongspiritstrongmind.com.au