KEEPING WELL DURING COVID-19

Many of us are currently going through some challenging times due to the effects of COVID-19 on ourselves, family and friends. These challenges range from very practical, such as availability of food and essential items in supermarkets, right through to health risks and emotional and psychological coping and wellbeing.

It is common to need support and it is important to reach out if you are experiencing any troubles as everyone is affected differently.

Ways to maintain your wellbeing during this time.

- Enact good hygiene practices – washing hands, covering coughs, using hand sanitiser
- Eat well
- Make sure to get plenty of rest when required
- Allow time to exercise and clear your mind
- Take time to go outside
- Have a break from social media
- Plan some simple activities to keep yourself busy such as reading a book, listening to music, watching a movie or organising the house.
- Find time to do things you enjoy and find relaxing
- Recognising the signs that make you feel stressed or anxious and putting in practice plans to help you remain calm.
- Don't panic, if you are after information, look for it from a reputable source such as the Australian Government or World Health Organisation

Sometimes it can be difficult to focus, and problems might creep up on you. Here are some signs to look out for in yourself and others you know:

- Constant Uncertainty
- Anxiety and Disorientation
- Excessive use of Drugs or Alcohol
- Withdrawal from family and friends
- Changed eating habits
- Feeling of being overwhelmed

If you or someone you know are experiencing difficulties CatholicCare is here to help.

CatholicCare offers Counselling Services (with online options available) and a range of courses to help strengthen relationships.

We also offer a range of courses including a parenting course on managing **ANXIETY** in children and young people.

To book a counselling session please call **4254 9395** or email **intakeservice@catholiccare.dow.org.au**

www.catholiccare.dow.org.au