



## Coronavirus Mental Wellbeing Support Service

- 1800 512 348
- Online forums
- Chat online
- <https://coronavirus.beyondblue.org.au/>

**We're here to provide support  
for your mental wellbeing.**

Struggling to cope during the pandemic?  
Our trained counsellors are available 24/7.  
Call us on **1800 512 348**



## How mindfulness can help during the coronavirus pandemic

Mindfulness can help cultivate a greater awareness of our own emotional landscape, the emotions of others during COVID-19.

We are living through an unprecedented and uncertain time, requiring each of us to navigate our way, as best we can, through a rapidly evolving global health crisis.

With things changing so quickly, such uncertainty and unpredictability can take a toll on our mental and physical health.

Managing our emotions and supporting each other can be challenging at the best of times. This is why, more than ever, we all need to be doing our best to regularly pause, take a breath and be proactive in looking after ourselves and others.

## Healthy brain breaks

Giving your brain a break when you're nearing your tipping point can be a helpful way of deactivating the acute stress ('fight or flight') response. Even short moments of reprieve are beneficial as they help reset enabling us to find the middle ground between overwhelm and denial. It's in this place that we're able to make better choices and are best placed to support ourselves and those around us.

We recommend trying out the following as often as you need to:

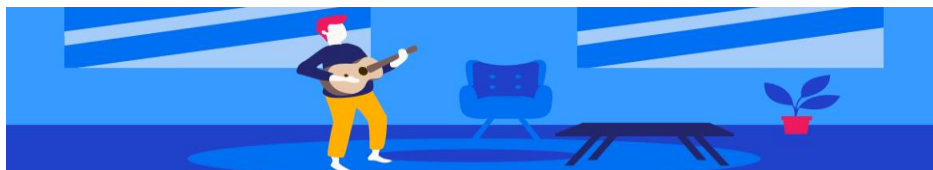
## Move

Any kind of physical movement is a great way of releasing the build-up of excess energy that accompanies the acute stress ('fight or flight') response - take yourself for a walk or run outside; do some stretching, or put on some uplifting music and dance around the house for a few minutes.

## Breathe

When you slow your breathing rate down the uncomfortable physical sensations of fear and anxiety start to subside. Try the following:

- Stop what you're doing, take three long, slow deep breaths.
- Impose a rhythm on your breathing so that your out-breath becomes longer than your in-breath.
- Try a 4-2-6 rhythm - e.g. breathe for 4 counts, hold your breath for 2 counts, and breathe out for 6 counts.
- If that doesn't feel comfortable, try imposing a 3-1-4 rhythm. The main thing is that your out-breath is slightly longer than your in-breath.





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**Phone support service:** Talk to one of our trained counsellors for support and advice.

Call 1800 512 348



**Web Chat Support Service:** Sometimes you may not feel like talking on the phone, so why not chat to us online?



**Online forums:** Connect with others and share your experiences on our dedicated 'Coping during coronavirus' thread.