

THIS WAY UP ↑↑

Helping You Take Care of Your Mental Health

*Guide to Self-Care Through
Self-Isolation*



My Self-Care in Self-Isolation Plan

This self-care plan can help you look after yourself, and stay safe during your time in isolation. Remember that this period of isolation is temporary, that you are not alone and support is available.

People I can call for support:

- _____
- _____
- _____



My Coping Strategies:

Things I've done before to help me through tough times

Self-care skills I'd like to try:

- 1 _____

- 2 _____

- 3 _____



Warning Signs:

Signs that I'm not doing so well and what helps me when I feel this way

Professional Support:

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

Emergency Services: 000

Kids Helpline: 1800 55 1800

Beyond Blue Online Chat Support

Self-Care Tips for Self-Isolation

It is important to 'give yourself permission' to use self-care activities. Encourage yourself to use self-care, just like you would encourage others. If you're a parent or a carer, try to schedule breaks from your caring role to focus on self-care. This may feel unnatural or difficult to arrange, but it will benefit everyone's wellbeing.

Care for your body

Try to keep regular sleep and wake times
Keep a balanced diet
Move your body each day

Relax

Practice slow, gentle breathing each day
Try Mindfulness
Relax with TV, podcasts, or music

Get creative

Cook a new recipe
Try painting, drawing or collaging
Engage in a new hobby

Change spaces

Move your artwork around
Rearrange your furniture
Spend time by the window in the sunlight

Stay connected

Keep regular contact with friends & family
Reach out to colleagues when needed
Write a letter to someone

Take breaks

Take breaks from the news and social media
Maintain lunch breaks
Avoid overtime work/study



To access additional tools for coping with stress and anxiety during COVID-19, please visit our website.

<https://thiswayup.org.au/covid-19/>



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Keep your self-care plan (page 2) somewhere easily visible (e.g., on the fridge). It can also be useful to share your plans with people you trust. They may even be able to give you some more ideas or encourage you to use helpful coping strategies.