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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

_____

Beyond Blue Online Chat Support

Self-Care Tips for Self-Isolation

This list gives ideas for self-care that can be practiced within your isolation space. It is important to 'give yourself permission' to use self-care activities. Encourage yourself to use self-care, just like you would encourage others.

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

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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.