Staying OK at Work.

Looking after your mental health during this COVID19 outbreak

Adjusting to working from home

- Adjust your expectations – be realistic
- Take regular breaks
- Set limits on your work hours
- Do a self-check - how are you feeling?
- If something is difficult or not working, speak up

Look after your own health

- Try to get enough sleep
- Eat well and drink plenty of water
- Find some time for yourself
- Follow hygiene and social distancing advice

Stay connected with work

- Check in regularly with your workmates
- Be open to others' concerns & ideas
- Support each other

Could these help you?

- Take some deep 'belly' breaths
- Take a break – go or look outside
- Try exercise, meditation or start a journal

Messages & media coverage

- Remember – this won't be forever
- Try to keep it in perspective
- Beware of media - overload
- Use trusted sources for your information

Are you becoming overwhelmed?

It's normal to feel stressed but are you at a tipping point?

- Not sleeping
- Unable to switch off at the end of the day
- Feeling relationships are breaking down

If it's getting too much, it's time to speak out

If you need help or support, reach out

Your GP

Your boss or work helpline

Beyond Blue

Lifeline
Saving Lives
Crisis Support. Suicide Prevention.
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Sources: NADA network of alcohol and other drugs agencies, BeyondBlue.org.au