

COVID-19 Mental Health and Wellbeing Resources

There is no doubting that the impacts of the coronavirus outbreak, physical distancing and harsher restrictions imposed for the next six weeks can make us feel anxious, worried and stressed. At the beginning of the pandemic, Beyond Blue posted some tips for people to take care of their mental Health and Wellbeing during this time:

- Remind yourself that this is a **temporary** period of isolation
- Remember that your effort is **helping** others in the community
- Stay connected with **friends, family, teammates** and **colleagues** via email, social media, or phone
- Engage in **healthy activities** that you enjoy and find relaxing
- Keep regular **sleep routines** and eat **healthy foods**
- Try to maintain **physical activity**
- For those **working from home**, try to maintain a healthy balance by allocating specific work hours, and taking regular break
- **Avoid news and social media** if you find it distressing

The below table shows some more resources, webinars and tools to help you get through this time. If you are struggling, please talk to those who care for you and seek help where necessary. Utilise these tools and resources and remember everyone is #hereifyouneed.

Mental Health and Wellbeing Webinars and Resources	
SALT Webinars	<p>SALT (Sport And Life Training) have delivered a program of interactive webinars to help both groups and individuals with the unique and difficult times that we are in.</p> <p>There are 24 recorded webinars now available to watch for free on the SALT Website. The webinars include topics such as emotional agility, resilient thinking, overcoming stress and anxiety, maintaining friendships, and much more.</p>
MIND123 & BODY123	<p>For the latest mind/body experience try Wellness Solutions new Wellbeing platform MIND123 & BODY123. A one stop shop for bite-sized TED-Type talks and a huge range of classes.</p>
How can I build my uncertainty muscle?	<p>Like it or not we've all found ourselves in a global 'Tolerance to Uncertainty' Boot Camp!</p> <p>Some people are ok with not knowing what the future holds. Other people can't cope with even the smallest degree of doubt.</p> <p>The good news is tolerance to uncertainty is like a muscle and can be strengthened. To find out the 7 steps to train your brain to be tolerant of uncertainty see this article by Dr Sarah McKay.</p>
ReachOut and Beyond Blue Resources	<p>ReachOut has developed specific online support tools and resources to help young people navigate their way through COVID-19.</p> <p>Some of these tools and resources are around: feeling good at home, self-care tips, managing study stress, facing uncertainty and more.</p> <p>These resources can be found here.</p>

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Eating Habits?	
How can I continue to take care of myself, especially around my eating behaviours, during this phase of the COVID-19 pandemic?	<p>Even the most resilient athlete will face challenges and have potential triggers that may cause disordered eating.</p> <p>The AIS and National Eating Disorders Collaboration have partnered to develop targeted resources, for not only athletes, but also for coaches and high-performance staff, to help with the eating changes throughout the coronavirus pandemic.</p> <p>If you have:</p> <ul style="list-style-type: none">• Found it hard to adapt to your eating patterns in isolation• Concerns about your lack of control over your eating patterns• Found it hard to make the right food choices• Found that usual coping strategies aren't working• Eating a lot more or less at the moment• More worried about your weight or body shape <p>It is important to reach out to a health professional within your sporting organisation (Doctor, Psychologist or Sport Dietitian).</p>

Who you can contact if you are struggling at the moment	
Beyond Blue	<p>Coronavirus Mental Wellbeing Support Service:</p> <p>Phone Support Service – Call 1800 512 348</p> <p>Web Chat Support Service</p> <p>Online Community Forum</p>
Lifeline	<p>If you're feeling overwhelmed with the changes in restrictions due to COVID-19 and finding it hard to cope you can reach out to Lifeline 24/7 on 13 11 14.</p> <p>You can also text them nightly 6pm-midnight (AEST) on 0477 13 11 14 for someone to talk to.</p>

As stated by the Premier, we need every Victorian to do their bit to save the lives of other Victorians. Please stay at home, practice social distancing, wash your hands and only go out when you require essentials. Look after yourself and those around you.