



COVID-19 and self care

During COVID-19 you might be struggling with anxiety and stress in many areas of your life. Self-care practices can form an important part of managing your health and wellbeing and will assist you to manage the uncertainties in your life – this is especially important as you manage study, work and your personal life.

Tips for managing your Self-Care during COVID-19:

- Keep moving – exercise is a natural and effective stress-reliever. Walk, run, ride, stretch, dance, do yoga, martial arts, work out or whatever it takes to get you up and moving. Take regular and active breaks from your online studies.
- Make time for relaxation – we know it's hard while you are at home (maybe with children, family and other household members) but choose a relaxation technique such as deep breathing, muscle relaxation, imagery or mindfulness and try to set aside time each day for regular practice.
- Get plenty of sleep – excessive worry and uncertainty can disturb your sleep. Just as lack of quality sleep can fuel anxiety and stress, improving your daytime routine and taking time to relax and unwind before bed can help you to sleep better at night.
- Eat a healthy diet – eating healthy meals can help maintain your energy levels and prevent mood swings. Avoid sugary and processed foods and try to add more omega-3 fats to give your overall mood a boost.
- Entertain yourself – read a book/magazine/blog; listen to a podcast or your favourite comedian or watch a movie and laugh, a lot more; journal; do a crossword/Sudoku; listen to music / the radio; cook something exciting; do some gardening; watch a movie/series and chill out.
- Pamper yourself – have a bubble bath/shower; do your nails; light some candles; do your favourite thing; get out into nature, or use your imagination, imagine yourself at a relaxing place and ask yourself, what does it look like, feel like, smell, sound and taste like?
- Feel comfortable in your own company, realise what your strengths as a person are, make a commitment to develop your skills, talents and abilities as best you can and live a meaningful life for yourself.
- Go on a news diet – only rely on reliable sources and separate facts from the myth-information.
- Challenge a negative thought with a positive reframe of the situation and keep some perspective on things.
- Reach out for support through USQ Health and Wellness team provides personal counselling support for students, by phoning on 4631 2372 for phone, email or Zoom sessions usq.edu.au/counselling