

Tip sheet

Managing your mental health and wellbeing during the COVID-19 outbreak

What do I need to know?

Managing your mental health and psychosocial wellbeing during the COVID-19 outbreak is as important as managing your physical health. Government imposed lock-downs and other health and safety measures put in place in at work places, as well as our personal lives, can create increased anxiety and lead to feelings of isolation.

Please follow the guidelines below to help manage your mental health and wellbeing during this difficult time.

Day to day

- Exercise, eat healthily, and get enough sleep. It's easy to over look these areas in times of unease.
- Staying proactive in taking precautions by following basic hygiene practices will help keep any anxiety at bay.
- Make time for catching up with family and friends in person (if safe) or stay connected on the phone.
- Limit watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed.
- Seek information from trusted sources such as the [WHO website](#) or your local authority websites that provide fact-based information, to help minimise fears.
- Above all else, keep perspective . When we are stressed, it's easy to see things as worse than they really are.

Periods of isolation

- The challenges around self-isolation, including separation from loved ones, loss of freedom and financial concerns, can lead to feelings of anxiety, boredom, frustration and fear.
- Positive social connections are essential for our mental health at this time. Stay connected to those closest to you.
- Structure your day around your daily routines as much as possible. This will also avoid potential frustration from spending long periods of time with other members of your household.
- Try and maintain a positive outlook – keep reminding yourself that any periods of isolation are temporary.

Useful resources

- The wellbeing page on [bhp.com](#) provides support on a range of valuable mental health and wellbeing information for work and life, including a range of tools, tips and coping mechanisms for common conditions, such as [stress](#) and [anxiety](#).
- Meditating is also a great way to help you relax and clear your mind. There are free apps available to help you do this at a time that suits you, such as [Headspace](#) and [Smiling Mind](#).

Reach out

- It's completely normal to feel overwhelmed by information on COVID-19 and feel a lack of control over the situation. Remember to focus on what you can control first.
- If you need support speak to your leader or a member from your local Incident/Emergency Management Team.
- Contact the [Employee Assistance Program](#) for free, confidential counselling services. This service is also available for your immediate family.