COVID-19 WELLBEING

Yes, there are a lot of tip lists out there! But our masterclass tips are the ones worth putting into practice.

Take control of your actions

Ask yourself "What can I control in this situation?" Choosing the first thing you do when you open your eyes in the morning is a great place to start. It can set our mood for the rest of the day so try an "energy giving" rather than "energy sapping" action. Making a plan for the day doesn't make worry disappear but it often helps it to reduce.

Stay informed but not overwhelmed

The world is awash with information and available 24/7 at our fingertips. Limit your "media time" to an hour or so once a day, then make it count by consulting factual, unbiased sources that give you info minus the hype.

Boost your mood

Human beings can be incredible resilient, kind and generous. We share many values and acting on them can help make us feel better. For example, acting with kindness and compassion reminds us that we are a community. If we are creative, try making something. Don't underestimate the humble laugh. Connecting with friends or watching some comedy can go a long way towards lifting our moods.

Connect with your social network

It might look different but spending time virtually with our friends and family can ease the effects of physical distancing and isolation. Don't leave it to chance, take the plunge and schedule a time.

adelaide.edu.au/student/wellbeing/corona-corner

Start small and plan quick "sprints"

Scheduling long or complicated wellbeing activities can feel overwhelming. Instead try the following: Schedule a few 5-10 minutes activities around a wellbeing theme and space them throughout the day. For example, listen to a 5 minute meditation before lunch or dinner, or plan a 7 minute work-out. Get outside for 5 minutes when your energy is low and plan short study sessions when your energy is high.

Go easy on yourself and your loved ones

There are likely to be heightened emotions and increased tensions in our closest relationships. Try letting go of the small stuff and embrace quick forgiveness. However, if you don't feel safe at home, don't wait. Reach out for help.

Ride the feeling wave

Uncomfortable or unpleasant emotions aren't our favourites. We may try to avoid them, push them away or distract from them. Counter-intuitively, this can make them bigger and cause more anxiety in the long run. Here are some alternatives:

- Think of how you might respond to a friend feeling the same thing and let that mental dialogue be the way you speak to yourself
- Acknowledge you are having a difficult feeling and let yourself feel it knowing that like a wave, it will pass.
- Our feelings often tell us about the things we care about. What do your feelings say about what you value in the world?

Take a different perspective

Facing the future can be nerve-wracking but it can also mean taking a chance down a different path. Reframing what we are doing in positive terms is a powerful way of down-regulating our nervous system and accessing compassion for ourselves and others in challenging times.

Remind yourself it won't be like this forever

When we're having a difficult time, it can feel like things won't get better. It can be helpful to remind yourself these challenging times are temporary. To help ease feelings of loneliness in the meantime: Talk to someone in your social support network, practice some self caring actions or try writing down your thoughts and feelings. Some people find this useful to help them to process their experience, while also helping to clear their mind.

Ask for help

If you are worried about your mental health, actively seek professional support. There are lots of organisations that are currently providing telephone and virtual sessions so if you just don't feel right, please reach out.

For more information on any of these tips go to the [Wellbeing Hub](#) at the University of Adelaide.