

# LOOKING AFTER YOUR MENTAL HEALTH DURING COVID-19

The COVID-19 pandemic can impact people and their mental health in lots of different ways. Anyone can be impacted. It is normal to feel stressed and anxious during a large health event. During this time, it is important to look after your mental health.

1

## RECOGNISE THE SIGNS

Stress and anxiety can have many different symptoms, and these aren't always obvious. Signs you might be struggling include trouble sleeping, not being able to concentrate, feeling angry or highly stressed. Below is a handy resource for thinking about how you're coping with COVID-19:

[Monitoring your response to COVID-19](#)

2

## MEDIA INTAKE

It is important to keep informed about COVID-19, but constantly taking in this information can make you stressed. It can be helpful to limit the amount of COVID-19 media you read or watch.

Check out the following article:

[Time to switch off?](#)

3

## HEALTHY LIFESTYLE

COVID-19 has meant lots of changes to your normal routines, which can affect your mental health. It can be helpful to start new routines, including eating nutritious food, keeping active, staying socially connected (while social distancing of course), and getting enough sleep. For more information, see the links below:

[Food Fact Sheets](#)

[Staying Active at Home](#)

[Staying Connected](#)

[Getting Enough Sleep](#)

4

## MINDSET

How you think about events like COVID-19 can affect your mental health. Focus your energy on things that are within your control, rather than imagining worst case scenarios. Below are some helpful webpages:

[Growth Mindset](#)

[Staying Well, Staying Positive](#)

5

## WHERE TO GO FOR HELP

No matter how your mental health is affected by COVID-19, there are plenty of services available to help. For information, visit:

[COVID-19 Mental Wellbeing Support Service](#)

For support, call:

- COVID-19 Mental Wellbeing Support Service - 1800 512 348
- Lifeline - 13 11 14



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[CWGPCP COVID-19 Resources](#)

