



Looking After Your Mental Health During COVID-19

every connection matters™



Acacia recognises and understands the feelings of anxiety, distress, and concern many people may be experiencing because of the Coronavirus (COVID-19).

Try to Maintain Perspective

While it is reasonable for people to be concerned about the outbreak, try to remember medical, scientific, and public health experts around the world are working hard to contain the virus, treat those affected, and distribute the available vaccines as quickly as possible.

Find a Healthy Balance of Media Coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Access Good Quality Information

It's important to get accurate information from credible sources. This will also help you maintain perspective and feel more in control. Some credible websites include:

- [World Health Organisation](#)
- [Australian Government: coronavirus \(COVID-19\) Health Alert](#)
- [Smartraveller.gov.au](#)

Maintain a Practical and Calm Approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits. The [Australian Psychological Society](#) has advice on maintaining positive mental health during the outbreak.

Symptoms of Stress

Look out for possible symptoms of stress in yourself. Symptoms relating to COVID-19 may include:

- Changes in sleeping and eating patterns
- Obsessive thinking about COVID-19, the vaccine roll-out, and its potential impact
- Fear and worry about contracting COVID-19 or taking the vaccine
- Fear and worry about the health of loved ones, including those at higher risk
- Difficulty concentrating
- Increased use of alcohol or other drugs.

Avoid Making Assumptions

To contribute to a sense of community wellbeing, try to remember COVID-19 can affect anyone, regardless of nationality or ethnicity.

Taking Care of Yourself

Look after yourself physically by exercising regularly and eating a well-balanced diet. Ensure you are practicing good sleep hygiene to receive the sleep your body needs. Unwind by doing an activity that you enjoy.

It's important to remain socially connected to those close to you, especially during self-isolation. Maintain regular routines, where possible.

Support is Available

It's normal to feel overwhelmed by the news surrounding COVID-19, particularly if you have experienced mental health issues before. Acknowledge any feelings of distress, worry, or concern, and seek professional support if required.

If you have teams or individuals in your workplace who are impacted directly by COVID-19, or are presenting with heightened anxiety, worry, or fear of contracting the COVID-19 or due to the vaccine roll-out, reach out for support.

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