












EMPLOYEE SERIES

Tips on how to cope with being in quarantine

Being in quarantine or having to “self-isolate” can have profound effects on an individual’s mental, emotional and physical health. Below are some tips that will help get you through a two-week period of self-isolation.

-  **Schedule your day.** Try to plan out your days to give a sense of purpose and normality to your life during this period. Schedule time to connect to others, relax, exercise (yes this can be done with the help of YouTube or other exercise videos!), have regular meals and do work, study or research.
-  **Think of the benefits.** This is a unique opportunity to engage in relaxation practices, learn a new skill or if possible engage in hobbies you enjoy.
-  **Connect with others.** Maintain connect with friends, family, colleagues or even re-connect with someone you have not spoken to in a long time over telephone, text message or email.
-  **Limit social media use.** While social media can be a great way to connect to others, be mindful that seeing others out having fun might leave you feeling sad and disconnected. Focus more on communicating directly with loved ones rather than time of social media networks.
-  **Remember why you are isolating.** Remember the reason why you are isolating and how by taking these precautions, you are helping to protect the spread of Corona Virus.
-  **Be kind to yourself.** Remind yourself that this is a difficult period and it is OKAY to feel sad, lonely, hopeless, tired, fatigued, helpless and disconnected from you family.
-  **Be future focused.** Take time to think and plan the activities that you will engage in after the two-week period is over – who you will visit, what you will do/see after this time. You will most likely appreciate these experiences a lot more after having to quarantine.
-  **This is temporary.** Remember that this situation is momentary and will not forever even when the days feel long, keep in mind the quarantine period will end.
-  **Complete meaningful activities.** Complete activities that will help to your mind sharp which could include reading, researching a new topic, complete creative writing or even completing a short internet course. If you are able to complete work off-site, this would also help to keep connected to your job and increase your sense of purpose while self-isolating.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au



Remember the rules. Make sure you are mindful of the state governments requirements while self-isolating and obey these rules for the safety and wellbeing of not just yourself but your friends, family and wider community. If you are unsure about these requirements telephone:

National Corona Virus Hotline

1800 020 080

For more information.



Reach out. Talk to loved ones or a professional if you are feeling that this time in quarantine is starting to impact your physical or mental health. Below are some help lines you can use if needed:

Beyond Blue Coronavirus Mental Health Wellbeing Support Service:

1800 512 348

Lifeline:

13 11 14

References:

Australian Psychology Society

<https://www.psychology.org.au/getmedia/40e4dd0b-8249-4d5f-a854-2904ec04dfb5/20APS-IS-COVID-19-Isolation-P4.pdf>

World Health Organization

https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health?gclid=CjwKCAiAt9z-BRBCEiwA_bWv-AIA2PYgwaUD4GCVYGcjFw6lyFY4i98tnGRHK6vz8bKJpgRQuwV9mBoCAv0QAvD_BwE

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