

PRACTICAL TIPS TO DEAL WITH SELF ISOLATION

FOR YOUNG PEOPLE, BY YOUNG PEOPLE

STAY CONNECTED

Stay connected with friends and family. Facetime, Skype, Whatsapp or messenger pigeon- we know you know the deal.

- **Live chat with friends while watching your fave show or movie together**
- **Write something nice to a neighbour or local business owner. It'll make you both feel good.**

STIMULATE YOUR BRAIN

Now is the perfect time to experiment with new hobbies like cooking, crafts, playing an instrument, gardening. We suggest reading books, listening to podcasts or even colouring.

Check your local library's website for access to a variety of eBooks and eAudiobooks.

EMBRACE ALTERNATIVES

You can still do some of the things you love... just virtually. For example some musicians are live-streaming concerts (or even giving guitar lessons), you can virtually visit zoos or museums around the world and you can even go camping in your backyard if you have one.

Animal House live cams are addictive.

BE ACTIVE

Keeping active helps get those endorphins pumping! Try exercise videos, stretching, backyard sports, dancing in your room, spring cleaning or simply remind yourself to regularly get up from your desk or couch.

Check out the **Make Healthy Normal** website for some simple workouts.

MAINTAIN ROUTINE

A good routine can stop you from feeling a little lost. We recommend a basic routine to get you through the day and help keep you productive.

After a good night's sleep, kick your day off by setting some daily goals or tasks over a healthy breakfast.

GET COOKING

Eating well is a great mood booster! Try out those culinary skills and aim to get as many colours on your plate as you can. Don't forget to make water your drink of choice.

A great place to find healthy and delicious recipes is the **Make Healthy Normal** website.

BE OPEN

It's totally normal for you, or those around you, to feel anxious amid times like this. Tell people how you're feeling. Experts can assist if you or someone you know are struggling to cope.

Headspace, Lifeline and Kids Helpline are all available to provide online or phone support. Year 11 or 12 students can contact NESA for concerns about their HSC.

THINGS TO AVOID

Don't use alcohol or smoking to cope with stress. These have a negative impact on your physical and mental wellbeing. Also try avoid being on your device all day.

Too much info can make you anxious, especially if it isn't true. Stick to reliable sources such as health.nsw.gov.au, the Australian Government Coronavirus app or WhatsApp service.