

HEALTH & WELL-BEING

WORKING FROM HOME DURING THE COVID-19 PANDEMIC

Professor Eimear Muir-Cochrane, Chair of Nursing (Mental Health) provides her tips and tricks on looking after your mental health & well-being during this crisis.



Looking After Your Mental Health In Isolation

- Remind yourself that this is a temporary period of isolation
- Remember that your effort is helping others in the community
- Stay connected with friends, family and colleagues via email, social media, or phone
- Engage in healthy activities that you enjoy and find relaxing
- Keep regular sleep routines and eat healthy foods
- Try to maintain physical activity
- Try to maintain a healthy balance by allocating specific work hours, and taking regular breaks
- Avoid news and social media if you find it distressing

Source: Beyond Blue

Tips for Working from Home

- Have a dedicated work space
- Behave as if you are going into the office: get up get dressed (smart and casual) and begin your day at the normal time
- Keep clearly defined working hours and take regular breaks
- Use Zoom and other social media to stay in touch with colleagues outside of formal meetings. There are now singing, craft and exercise groups you can join for free
- Exercise every day, e.g. walking, dancing, yoga
- Every morning, write down three things that you are thankful for
- Avoid alcohol, smoking and nonprescription medication
- Do your daily **CLANGERS** - Connect, Learn, be Active, Notice, Give back, Eat well, Relax and Sleep

Additional Resources

- [Breathing Exercises](#)
- [What is Well-being](#)
- [Mental Health Supports](#)

Professor Eimear Muir-Cochrane

Professor Eimear Muir-Cochrane is Chair of Nursing (Mental Health) at Flinders University. Eimear was elected as President to the Australian College of Mental Health Nursing in 2017 for a three year term.

24/7 Mental Health Services		
Beyond Blue Anyone feeling anxious or depressed beyondblue.org.au 1300 22 4636	Kids Helpline Counselling for young people aged 5 to 25 kidshelpline.com.au 1800 55 1800	MensLine Australia Men with emotional or relationship concerns mensline.org.au 1300 78 99 78
Open Arms Veterans and families counselling openarms.gov.au 1800 011 046	Lifeline Anyone having a personal crisis lifeline.org.au 13 11 14	Suicide Call Back Service Anyone thinking about suicide suicidecallbackservice.org.au 1300 659 467
Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)		