

COPING WITH LOCKDOWN

Evidence-Based Tips for Surviving and (even) Thriving

IT'S OK NOT TO BE OK

No one will be, or should ever expect to be happy all the time. Even more so at the moment, stress & anxiety and sadness are perfectly normal and appropriate human emotions. Do your best to accept them & don't beat yourself up for feeling them

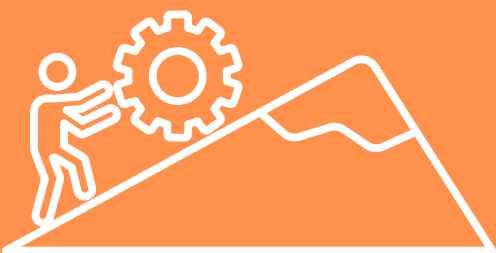


SELF-COMPASSION

We all suffer at times. We all struggle at times. None of us are perfect. And that's OK. So when we're doing it tough it's important to accept our own imperfections, and be kind to ourselves. Treat yourself with the kindness and care you'd treat a good friend

REACH OUT

Health, wellbeing and resilience are not solo-sports. We cope better when we cope together. Reach out and ask for help; or give help if and when you can



HANG IN THERE

Don't give up; hang in there (even if you need to take a break). If you're struggling, remind yourself that "this too shall pass" and you can make it, especially with the help of others



#THEHAPPINESSINSTITUTE



#DRHAPPY

Dr. Tim Sharp
www.drhappy.com.au

WHERE TO GET HELP

LIFELINE

Lifeline provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online

Lifeline
13 11 14



BEYOND BLUE

Beyond Blue is an Australian mental health & wellbeing support organisation. They provide programs & resources to address issues related to depression, suicide, anxiety disorders and other related mental illnesses

REACH OUT

ReachOut.com is an internet service for young people that provides information, support and resources about mental health issues and enable them to develop resilience, increase coping skills, and facilitate help-seeking behaviour



AND MORE...

Call a friend, family member, anyone ... just make sure you reach out and ask for help. A problem shared really can be a problem halved and solutions really are available if you know where to find them

MORE OPTIONS - MENSLINE 1300 78 99 78
SUICIDE CALL BACK SERVICE 1300 659 467
KIDS HELPLINE 1800 55 1800
AS WELL AS ... QLIFE.ORG.AU
SANEFORUMS.ORG AND OPENARMS.GOV.AU