

# 10 WAYS TO TAKE CARE OF YOURSELF DURING CORONAVIRUS

Thank you to [ReachOut.com](https://au.reachout.com) for this information.

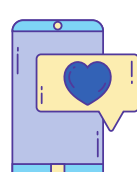
Full article: <https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>



## 1. STAY ACTIVE



## 2. TAKE 10 TO BE ZEN



## 3. CHAT WITH YOUR MATES



## 4. CHECK OUT REACHOUT.COM FORUMS



## 5. MAKE A HOMEMADE MEAL



## 6. TAKE A BREAK FROM THE NEWS



## 7. MAKE A MUSIC PLAYLIST



## 8. DECLUTTER FOR FIVE MINUTES



## 9. WATCH OR READ SOMETHING UPLIFTING



## 10. LEARN SOMETHING NEW

If it's all getting a bit much... Sometimes things can get overwhelming, even if you've been practising self-care. As most people will be socially distancing or self-isolating a great option is telephone and online services. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) can be accessed for phone and online counselling, with Lifeline phone counsellors on call from 7 pm to midnight, and Kids Helpline available 24/7. [Eheadspace](https://www.headspace.org.au) also offers free online and telephone support and counselling.

If it's available to you, you could consider seeing your GP or mental health professional for extra help (but make sure to follow the advice of [Healthdirect](https://www.healthdirect.gov.au) if you're showing symptoms or are in self-isolation). You could also ask your mental health professional if they could chat over Skype/FaceTime if you're in self-isolation.

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