



KEY TIPS



EAT WELL



DRINK WATER



EXERCISE



WALK



LISTEN TO MUSIC



SMILE

www.beyondblue.org.au

headspace.org.au

Lifeline 13 11 14

CONTACT

Need more information and support?

Emma Baldwin
0439 277 841
emma@inspirehq.com.au

Claire Huntington
0429 843 433
claire@inspirehq.com.au

LOOKING AFTER OUR MENTAL HEALTH

During the Coronavirus Outbreak

Adapted from source www.beyondblue.com.au

Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Access good quality information

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

- [World Health Organization – coronavirus disease \(COVID-19\) outbreak](http://World Health Organization – coronavirus disease (COVID-19) outbreak)
- [Australian Government coronavirus \(COVID-19\) health alert](http://Australian Government coronavirus (COVID-19) health alert)

Try to maintain a practical and calm approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits.

Leading others through the impacts of the virus

If you are an owner or manager in a business, you have an added burden in supporting those you lead. You can reduce panic and keep employee morale up, by being intentional with your communication. Keep your staff informed, escalating information when (and if) the situation changes. They are looking to you to be calm and role model the behaviour you want to see in them.

As a leader, self-care will be critical during this time, particularly if your business is experiencing difficulties. It is easy for work to become all consuming, however chronic crisis will not lead to good decision making. Take time away from work and seek advice from trusted mentors, other business owners or an expert, ie accountant, lawyer, HR professional. A burden shared is a burden halved.