



tips to get back into life during COVID-19

Life has changed for all of us due to COVID-19 restrictions. Some people have enjoyed these changes, others have found it challenging and many of us will have experienced a mixture of these things.

You might have had to transition to online school or study without much warning. You might have had less time to talk to friends, or had to change the way you spend time together. You might have had your work hours reduced or cut altogether, adding huge financial pressure on rent or bills. Spending more time at home may have put additional pressure on already strained family or household relationships, making it challenging for you to find space to look after your wellbeing.



Common responses

As a result of COVID-19 challenges you might find yourself:

- struggling to find motivation
- finding it hard to keep a routine
- not keeping up with day to day chores
- being less interested in things you usually enjoy
- sleeping a lot more or less
- increasing the use of alcohol and other drugs
- struggling to exercise
- feeling worried about the future.



Our 7 tips for a healthy headspace can help you build new ways of coping during these unusual times

So what can you do?

Prepare yourself by thinking about how your life has changed and what you want your life to look like.

You might find that some things are easier to return to than others. This will be different for everyone, and that's OK.

It can be tricky to know where to begin.

Here are a few ideas to help you get started:

- think about the fun things you want to do once restrictions ease
- write out a plan to help motivate yourself. Sometimes detail can help motivate you even if you don't quite feel like it at the time
- ask your family and friends to get involved
- take it slow. Gradually try new things. You don't need to do everything straight away
- start with something that seems easier, before moving to difficult things
- if you're worried about catching the virus remember to practice hand hygiene and physical distancing
- think about what you might need to do if things don't go well, and write down a few ideas of what might help you get back on track
- keep in mind that things may change and restrictions could start again

The easing of restrictions might be an exciting, fun, and enjoyable time for some. For others, it might be scary, uncertain or overwhelming. It's normal to feel anything and everything, so remember to be kind to yourself.

Preparing for change

Many people are starting to think about how life will change when restrictions ease. While some people are looking forward to this, it doesn't mean the next few weeks or months will be smooth sailing for everyone.

You might be:

- thinking that returning to your life before COVID-19 seems like a huge task
- finding things that used to be easy becoming difficult, worrying or scary
- finding it hard to get going
- concerned you might catch the virus
- realising you want to make changes to the way you live your life
- wondering if your friendships will be the same
- thinking about how to re-establish intimate relationships
- worrying about your alcohol and other drugs use.

Where do I go for help?

If you need support – start by reaching out to a trusted friend, family member, teacher or Elder to share what you are going through.

headspace

headspace: visit [headspace.org.au](https://www.headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National 24/7 crisis services

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000.

- **Lifeline:** 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- **Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
- **Beyond Blue:** 1300 224 636 or [beyondblue.org.au](https://www.beyondblue.org.au)

Additional youth services

- **Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- **ReachOut:** [reachout.com](https://www.reachout.com)