

TOP TIPS

TO LOOK AFTER YOURSELF AND STAY CONNECTED



We're aware Launceston communities may be under stress from recent changes to our daily lives due to COVID-19. Our Community Development Team has put together a list of activities and ways to keep connected to your community.

- Spend time in the garden
- Set some goals for 2020
- Read a book
- Write a daily journal
- Plant a vegetable patch (watch your own seedlings grow!)
- Cook your favourite meal or try a new recipe
- Take a walk
- Go for a drive
- Call to check up on loved ones
- Do some free online exercise programs (YouTube is great!)
- Stay connected through helpful social media groups and communities
- Create origami animals with spare paper around the home
- Make some play doh arts and craft
- Write notes of love, compliments or drawings and hide them around the house for family to find
- Learn how to bake bread
- Play cinema – make tickets, popcorn, use blankets/rugs and watch a movie
- Listen to a podcast or audio book
- Reconnect with an old hobby
- Start a new jig saw
- Phone a friend that you haven't spoken to in awhile
- Give the dog a brush
- Write a letter and post it
- Read a blog
- Take a free online course to upskill
- Clean out your wardrobe and give away to those in need
- Learn a language or a new dance
- Play a board game
- Do a dot to dot or colouring in
- Have 'themed' days and work your way around the world's cuisine
- Schedule a Skype date
- Create a miniature garden, a fairy garden, or a terrarium
- Clean a cupboard out
- Make a cosy cubby house or fort to read the afternoon away in
- Take an inspirational photo every day
- Sort out old photos
- Practice a new hairstyle or makeup trick
- Mary Kondo "Kon Mari" your house
- Meditate
- Give yourself a facial - treat yourself to a skin care routine
- Take a bubble bath
- Try to reproduce something you've seen on Pinterest
- Fix things around the house you have been putting off
- Acquire a foam roller and do some physical therapy
- Learn how to... via YouTube tutorials (draw, breakdance, braid hair etc.)
- Sort through and throw out all your old makeup and toiletries
- Make a list of things for which you are grateful
- Rearrange a room
- Update your resume - you have remote work experience now
- Indoor plants - check their soil and water if necessary
- Repurpose old items like making new candles out of old ones
- Watch a movie or mini series



STAY UP TO DATE

State and Federal health authorities are the lead agencies in developing and implementing Australia's response to the COVID-19 pandemic.

For the latest advice on how to manage your health and what to do if you feel unwell, we recommend you visit the Department of Health website here: www.dhhs.tas.gov.au



IF YOU NEED SUPPORT

Lifeline anytime of the day or night on **13 11 14**. Lifeline Text is also available nightly, 6pm-midnight, (AEDT) on **0477 13 11 14**.

Beyondblue is 24/7 at the Beyond Blue Support Service on **1300 22 4636** or at beyondblue.org.au/getsupport for online chat (3pm-12am AEST) and email (responses within 24 hours). For practical tips and advice about managing feelings of uncertainty, stress and anxiety associated with the coronavirus (COVID-19) outbreak, and links to several reliable information sources, visit bb.org.au/33e5eOL

Head to Health is if you're trying to improve your own mental health, or support somebody else with mental health issues, Head to Health provides links to trusted Australian online and phone supports, resources and treatment options. <https://headtohealth.gov.au>