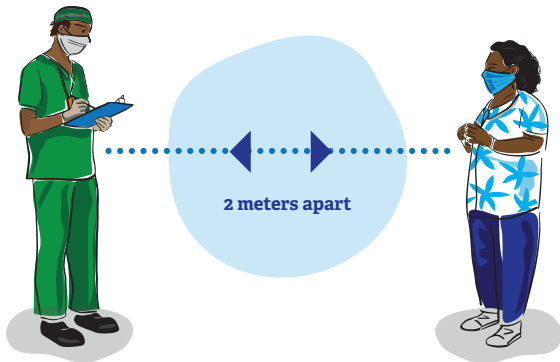
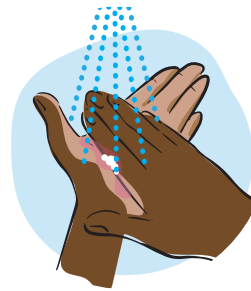


Staying healthy & strong during COVID-19

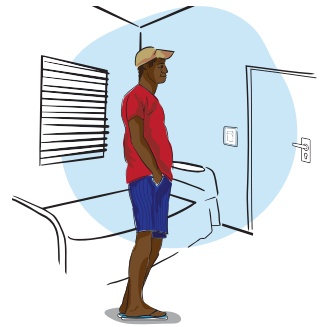
Know that your role in managing COVID-19 is a very important responsibility. This is time to take care of your own physical, mental and spiritual wellbeing so that you can be strong and care for others, both family and community.



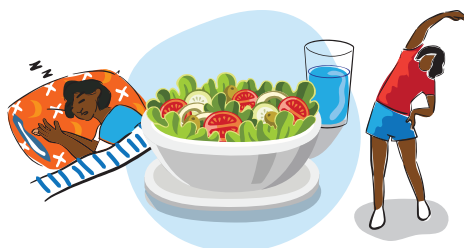
Practice physical distancing
Keep at least a 2 meter distance apart when in public spaces.



Practice good hygiene
Wash your hands thoroughly with soap and water



Self isolate and quarantine if and when necessary



Try to eat, sleep well and exercise if you can
Eat smaller, more often – remember to drink water.
Exercise – simple as stretching, fresh air and at least 6 hours sleep or rest when you can.



Stay as informed as much as you can
But don't overwhelm yourself.



Embrace reflective practice
Use journals, diaries, drawing, poetry.



Keeping your family well and safe
Understand the importance of staying at home.



Stay connected, stronger together
Network with other Indigenous health professionals.



Make your needs a priority
We will get through this.

Important wellbeing numbers

Beyond Blue 1300 22 46 36	1800 RESPECT 1800 737 732
Lifeline 131 114	GriefLine 1300 845 745
Kids Helpline 1800 551 800	MensLine Australia 1300 78 99 78
eheadspace headspace.org.au/ eheadspace	Suicide Call Back Service 1300 659 467

Remember you may also have access to an Employee Assistance Program provided by your employer.