



# Coronavirus

## COPING WITH STRESS AND ANXIETY IN UNCERTAIN TIMES

Stress and anxiety are normal responses to threats and uncertainty. A key to managing anxiety is to recognise and focus on what is in your control and take what action you can.

### REDUCE RISKS

These simple measures drastically reduce the risk of spreading or contracting coronavirus

- **Wash hands** thoroughly with soap for 30 seconds (use alcohol-based hand sanitiser if not available)
- Don't touch your face
- Avoid close contact with others, particularly those with symptoms or exposure to those with symptoms
- If you experience symptoms, stay home until full recovery. Call the Department of Health on 1800 020 080 for current advice.

### FOCUS ON YOUR MENTAL HEALTH

Heightened stress and anxiety can be an issue for some people at this time. Shift your focus and ask yourself:

- What helped me cope with stress in the past?
- What can I control?
- Am I reacting to the worst-case scenario? What other scenarios could happen?
- What difficult thoughts and feelings are coming up? Can I be kind and supportive to myself to cope with these emotions?

### STAY ACTIVE

Looking after our bodies can have a strong, positive impact on our mental health. Often when we have difficulties dealing with stress and anxiety, it's helpful to focus on releasing physical tension and caring for physical health to then use the mental strategies to cope better

- Calm yourself. Use each of your senses and see what you notice (Tip: Use the Here and Now coping strategy on the Support section of the MQ Wellbeing App)
- Go for a walk or run
- Do at home exercises. YouTube has examples of a variety of activities, everything from strength conditioning to dance

### GIVE

By giving to others, we help to make a positive action and build connections with others.

- Social media ideas like Adopt A Healthcare Worker
- Sharing positive messages on social media

### LEARN

Use this time to learn.

- Focus on your study
- Learn new skills for around the house, like cooking some nice meals
- Read books
- Write or create art
- Learn an instrument
- Learn about something you're interested in
- Learn a language (you could do this online with your friends)

### HELP IS AVAILABLE

There are many online and phone options available for support. Use them if you need to



MQ Wellbeing

Download the free MQ Wellbeing App to help you achieve balance, keep track of your wellbeing, connect with the MQ community and reach your potential. Ongoing support, 24 hours a day, 7 days a week. For [Android](#) or [iOS](#).



Beyond Blue offers free 24/7 support  
Call 1300 22 4636 or visit [beyondblue.org.au](http://beyondblue.org.au)

The Department of Health website has trusted information and current advice regarding the coronavirus or call 1800 020 080.