

Delta Mental Health during COVID-19

Part One: Tips for self-isolation

If you need to self-isolate due to the evolving COVID-19 situation, here are some tips to assist with your mental health and wellbeing:

Stay connected

Technology can go a long way in helping you feel less isolated. Call, text, video call, send messages to friends and family to keep your social connections strong.

Take care of your body

Rest, recovery, exercise and nutrition are vital for your health as well as your mood. Avoid using alcohol and other substances as a coping strategy. Stay active. Even in a small space you can do a workout at home. YouTube and exercise apps can help.

Monitor media overload

We all want to stay up to date, but getting overwhelmed will only add to anxiety levels. Check the news first thing in the morning and once in the afternoon or evening.

Catch up on books, audiobooks, movies, podcasts, or TV shows

Ask like-minded people to give you their top 10 recommendations and start to work your way through. Relax.

Learn and grow

Use the opportunity to your advantage by learning something new. Reengage with your favourite hobbies and outlets.

Nature

Green spaces, fresh air and sunshine can be soothing in times of self-isolation or social distancing. Spend time in the garden, courtyard balcony or backyard.

Seek additional support early where needed

If you feel that the stress or anxiety you are experiencing as a result of COVID-19 is impacting your ability to function at home, seek extra support. EAP services are available <https://www.eapservices.co.nz/>. Alternatively, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.