

# Looking after your mental wellbeing



People aged 70 years and over are at greater risk of more serious illness if they are infected with COVID-19. And they are likely to have to self-isolate for longer than younger age groups. For this reason the team at NARI, with input from our research volunteers, has developed a series of tip sheets. This one is about looking after your mental wellbeing.

It is important to follow the [Government's recommendations](#) to minimise spread of the COVID-19 virus, and to care for yourself and your loved ones. **These are some things you can do.**

## How you might be feeling

If you are staying home to protect yourself from exposure to the COVID-19 virus, then you are probably in self-isolation. This means you may be missing contact with your grandchildren and other family, and missing the activities you normally do outside your home.

It's normal to feel bored, frustrated, stressed and a little bit anxious during these challenging times, and perhaps lost without your daily routine.

Fortunately, there are many things you can do to stay well and positive during this time.

## How to stay well and positive

- **Get your facts from a reliable source:**

The Government's [Coronavirus health alert](#) is the best source of up-to-date information on coronavirus.

- **Take time to switch off:**

While it's good to keep informed, taking breaks from news updates on the coronavirus outbreak is important. Switching off the radio and/or television to focus on things you enjoy may help you manage feelings of stress.

- **Look after your physical health:**

Remember to stay active, even at home. If possible, go for a walk. You can exercise with members of your family or one other person if you keep a 1.5 metre distance (two arms lengths). It is also important to eat nutritious food and make sure you get enough sleep.

Check out NARI's resources on keeping active and eating well during the outbreak.

- **Physical distancing, not social distancing:**

Keep in touch with family and friends by phone, mail, or the internet. Visit [BeConnected](#) for tips on how to connect through video.

- **Structure your day around meaningful activities:**

Plan your day and include activities such as gardening, reading, crafts, playing an instrument, creative writing and researching your family tree!

*"Find fun things to do - a picnic lunch on a rug on the veranda or back garden. Use photos to relive holidays - a different holiday every week."*

- Cathy



## More information

### Australian Government Department of Health

- Latest coronavirus (COVID-19) health updates <https://bit.ly/3bXFSb6>
- Collection of COVID-19 resources, including translated resources. <https://bit.ly/380OwHe>
- Tip sheet: Coronavirus advice for older people <https://bit.ly/3aMvsLp>

### National Coronavirus Health Information Line

Call 1800 020 080 if you are seeking information on novel coronavirus. The line operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

### Advice for Carers

Carers Australia: Visit [carersaustralia.com.au](https://carersaustralia.com.au) for a range of information for carers.

Call 1800 242 636 for short-term counselling support services for carers and their families.