



# COPING WITH STRESS DURING THE COVID-19 OUTBREAK

COVID-19 is having an unprecedented impact on people all over the world which is causing stress, anxiety, and uncertainty. Because of this, it's very important that we not only look after ourselves but that we also look out for others.

## LOOKING AFTER OURSELVES



### SOCIAL AND EMOTIONAL SUPPORTS

Staying connected to your support network will help foster a sense of normality where you can share feelings and remain socially active. Keeping in touch with others through phone calls, skype, facetime, email, and other methods of communication can help bridge the gap created by isolation.



### SWITCH OFF

Staying up to date with the situation is important, however, hearing about COVID-19 repeatedly can be upsetting. Regulate your access to information by taking breaks from watching, reading, or listening to news stories and social media posts.



### GET THE FACTS

Be aware that not everything you hear about the virus may be true. Stay up to date with information from a trusted source like [www.health.gov.au](http://www.health.gov.au).



### STAY HEALTHY

Get plenty of sleep, exercise, follow a routine and stay social. Exercise will help lift your mood and don't rely on alcohol or drugs to get you through or pass the time.



### CONFIDE IN SOMEONE

If you are worried or concerned, it's helpful to talk about how you're feeling with people you trust. If there is no one you can talk to, then phone the MATES In Construction helpline.

## LOOKING OUT FOR OTHERS



### SPOT THE SIGNS

If you notice someone acting a little differently, they may be struggling and need some help. Some signs to look out for include:

- Excessive drinking/drugs
- Anger and other anti-social behaviours
- Lethargy or listlessness
- Not answering calls or messages



### STAY IN TOUCH

Some people will be more affected than others so make a point of keeping in touch with those you may be concerned about. Communicating with phone calls, skype, facetime, email, and other methods can help bridge the gap created by isolation.



### SHARE INFORMATION

Share useful and accurate information with friends and family. Avoid speculation and gossip as this may add to the anxiety levels of others.



### TELL SOMEONE

If someone you know isn't travelling well and you are not sure what to do, then phone the MATES in Construction helpline on 1300 642 111 – we're here to help.

IF YOU NEED HELP, OR KNOW SOMEONE WHO DOES, PLEASE CONTACT MATES IN CONSTRUCTION.

24/7 HELPLINE 1300 642 111

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