

Ways to stay happy and hopeful during COVID-19



the power of humanity



Accept things will be different for a while.

It's normal to feel sad, stressed, confused, scared or even angry.



Reduce how much news you see.

Choose a reliable news source and only check twice a day.



Try to keep perspective.

Focus on the things you can control.



Watch out for signs of stress in your home.

Being in close confines can be stressful.



Stay connected with your loved ones, friends and community.

Phone or video call each other.



Do things you love.

Read a book, listen to a podcast, play an instrument.



Maintain a healthy lifestyle.

Eat and sleep well. Exercise and get some sunshine every day.



Take time to say thank you.

Thank nurses and doctors, supermarket staff, the delivery food team and others at the frontline.

More info? For more practical tips on how to maintain your mental wellbeing during physical distancing go to redcross.org.au/covid-19