

# Ways to stay happy and hopeful during COVID-19



the  
power of  
humanity

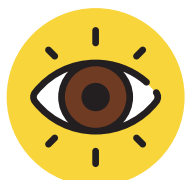


**Recognise what the signs of stress are in your house.**

Create a list of things to do to reduce stress when it happens.



**Try to keep perspective.** You may have experienced dangers and threats in your life. For now, it helps to focus on the things you can control.



**Go to trusted sources for your news.** Set a time each day to get an update on the latest facts.



**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 food delivery 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](https://redcross.org.au/covid-19)