

TIP SHEET

Managing your Mental Wellbeing while Self-isolating or Working from Home

KEY POINTS:

- Determine your response
- Understand Wellbeing
- 'Make a Plan
- Know how to access Vitae counselling

Determine your Response

The current COVID-19 situation in New Zealand has mandated Self-Isolation for some and encouraged working from home for as many others as are able. This doesn't mean we no longer have individual control over our lives. We can all take control of what you *can* control and this sense of autonomy supports our mental wellbeing.

In today's technological world, physical isolation doesn't mean we need to be unconnected. It's important to our wellbeing to maintain networks and equally to be involved in the care of others.

Understanding Wellbeing

So what are the things we can do to feel empowered and optimise our wellbeing while self-isolating or working from home? Here are some Wellbeing Strategies that double as Stress-Busters!

Physical Wellbeing:

- Adequate sleep
- Enlivening exercise
- Good nutritional habits - regular meals, balanced diet, moderate alcohol and maintain appropriate weight
- Adequate rest and relaxation
- Deep breathing
- Pacing yourself with regular stretch breaks

Mental Wellbeing:

- Take time to laugh
- Make time to read or enjoy hobbies
- Do a balance of activities that use both sides of the brain
- Deal with and heal unresolved feelings
- Accentuate the positive and reduce the negative
- Forgive yourself for being human

- Take responsibility for your own feelings
- Develop communication skills
- Deal with conflict openly and honestly
- Negotiate roles and expectations
- Forgive others for being human too
- Learn to say no

Spiritual Wellbeing:

- Develop an awareness of the connectedness of creation
 - Be clear about the values that guide your life
 - What is it that gives your life meaning and hope?
- Practice prayer / meditation

Make a Plan

Grow your wellbeing by practicing these Five Ways to Wellbeing



See the Mental Health Foundation website for great ideas

Self-Isolation provides a time for reflection on the things that really matter to you – that add meaning to your life. It's an opportunity to take care of yourself by integrating small changes to grow your experiences of happiness, laughter and joy. Make the most of the enforced change and see it as an opportunity to take control.

Accessing Vitae Counselling:

If life isn't going well and you need some help to get sorted, contact Vitae to make an appointment to speak with an EAP counsellor. Freephone 0508 664 981