

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 includes mandated self-isolation for those who are infected or are close contacts. At various points, people are encouraged to work from home where possible and businesses have adjusted in various ways; with provision to work from home being at times positive and at other times an added stressor. We can all take control of what we *can* control; the sense of autonomy supports our mental wellbeing.

In today's technological world, physical isolation doesn't mean we need to be disconnected. 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
- Pace yourself with regular stretch breaks

Mental Wellbeing:

- Take time to laugh
- Make time to read or enjoy hobbies
- Balance activities that use both sides of the brain
- Deal with and heal unresolved feelings

- Forgive yourself for being human
- Prioritise and set goals - manage your time
- Be spontaneous - live in the now

Whanau/Relational Wellbeing:

- Make time to enjoy your family and friends
- Be realistic about what can be achieved if you have children at home
- Develop your range of 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. 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