











## EMPLOYEE SERIES

### Tips for Managing Your Mental Health After Contracting COVID-19

Contracting COVID-19 may be challenging not only physically but also mentally. The following tips aims to provide some guidance on how to respond to your experience in a healthy way.

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**Acknowledge your feelings.** There is no right way to feel about contracting COVID-19. You may feel angry, scared, worried or even guilty, particularly if a member of your family, workplace or a community member becomes infected also. Your feelings are real and OKAY.
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**Recognise your self talk.** The thoughts we have regarding contracting or passing on the virus may be helpful or unhelpful. Unhelpful thinking includes focusing on the negative, overly critical and blowing things out of proportion. Paying attention to our thinking provides us an opportunity to switch our thoughts to more helpful ones that are more self-compassionate and keeps things in perspective.
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**Set clear boundaries.** Maintain connection with friends, family, colleagues who you find supportive and helpful whilst ensuring everyone's safety to minimise the spread of infection.
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**Limit social media use.** While social media can be a great way to connect to others, be mindful that seeing others out having fun might leave you feeling sad and disconnected. Focus more on communicating directly with loved ones rather than scrolling through of social media feeds.
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**Be kind to yourself.** Remind yourself that this is a difficult period and it is OKAY to feel sad, lonely, hopeless, tired, fatigued, helpless and at this time.
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**Be future focused.** Take time to think and plan the activities that you will engage in after you have recovered – who you will visit, what you will do/see after this time. You will most likely appreciate these experiences a lot more after recovery.
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**This is temporary.** Remember that this situation is momentary and will not forever even when the days feel long, keep in mind that you will get healthy again.
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**Reach out.** Talk to loved ones or a professional if you are feeling that this time in quarantine is starting to impact your physical or mental health. Below are some help lines you can use if needed:
  - Beyond Blue Coronavirus Mental Health Wellbeing Support Service -1800 512 348
  - Lifeline - 13 11 14

#### References:

Health Direct - [COVID-19 and mental health | healthdirect](#)

World Health Organization - [https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health?gclid=CjwKCAiAt9z-BRBCEiwA\\_bWVv-AIA2PYqwaUD4GCVYGcjFw6lyFY4i98tnGRHK6vz8bKJpgRQuwV9mBoCAv0QAvD\\_BwE](https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health?gclid=CjwKCAiAt9z-BRBCEiwA_bWVv-AIA2PYqwaUD4GCVYGcjFw6lyFY4i98tnGRHK6vz8bKJpgRQuwV9mBoCAv0QAvD_BwE)

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website [www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)