

THANK YOU FOR CARING FOR OTHERS



PLEASE TAKE TIME TO CARE FOR YOURSELF

Start Here

- ✓ You need to know about COVID-19 for your job but outside of work consider limiting your news coverage. Keep things in perspective.
- ✓ Remind yourself of the things you can control and try to let go of the things you cannot change.
- ✓ Seek medical care early. Whether it's getting a COVID test or getting support for aches and pains.
- ✓ Seek psychological or mental health support early. Should you or your family need support or counselling you can call

Benestar 24 hours,
seven days per week
for free support.

**Phone 1300
360 364 or visit
benestar.com**

*If you can do at least
some of these things,
you're on the right track*

- 👁️ Keep up your social connections
- 🎯 Make time for hobbies
- 😄 Find time for laughter *Ha ha ha*
- 🧘 Practice mindfulness and deliberate relaxation
- 🏃 Find ways to be physically active
- 🍎 Eat healthy food
- 😴 Get quality sleep *Zzz*
- 🐝 kind to one another

Reach out to your team leader or colleagues if you need help.

