

Guides and webinars to managing the stress and anxieties created by coronavirus

We all need to look after our mental health in these times. Here's some links to helpful information and websites, guides and webinars.

- **Lifeline:** Some great thoughts here around little things like limiting your exposure to media as well as showing kindness and compassion to others.
<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- **University of Melbourne guide to managing stress and anxiety:** A helpful guide that helps you understand some of the common reactions in yourself and in others.
<https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>
- **From the author of “The Happiness Trap”:** “FACE COVID” – some practical steps from Dr Russ Harris. What does the “F” stand for? Focus on what is in your control.
https://services.unimelb.edu.au/_data/assets/pdf_file/0005/3327008/FACE_COVID_-_How_to_respond_effectively_to_the_Corona_crisis_-_by_Russ_Harris_author_of_The_Happiness_Trap_-1.pdf
- **Beyond Blue:** It's all about keeping on top of your mental health and doing everything you can to maintain some perspective.
<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>
- **The Conversation:** Social distancing can make you feel lonely. It's official. Here's some things you can do.
<http://theconversation.com/social-distancing-can-make-you-lonely-heres-how-to-stay-connected-when-youre-in-lockdown-133693>
- **25 Minute Webinar:** Emotional Well-Being During the COVID-19 Pandemic.
<https://vimeopro.com/user65099910/emotional-well-being-covid-19>
- **25 Minute Webinar:** Talking to your child about Covid-19.
<https://vimeopro.com/user65099910/talking-with-your-child-coronavirus>
- **Survivor's Guide to Coronavirus**
- Australian comedian Nazeem Hussain writes the definitive survivor's guide, using the knowledge of a series of people even less qualified than him. From the studio and, where possible, the streets, Naz brings you the strange and the wonderful of a world in crisis. Arm yourself with the Survivor's Guide to stave off fear and doubt in this new world.
<https://cms.megaphone.fm/channel/survivorsguidetocoronavirus?selected=ARN8067855942>
- **Emerging Minds** – Watch this short video on talking to children about natural disasters, traumatic events, or worries about the future. <https://vimeo.com/394049129>



- **Raising Children – The Australian parenting website** – Coronavirus wellbeing guide to support families and carers. Some great tips and guides for families with children of all ages. <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>
- **Psychology Tools** – A guide to living with worry and anxiety amidst global uncertainty - https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/03/27134648/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf

