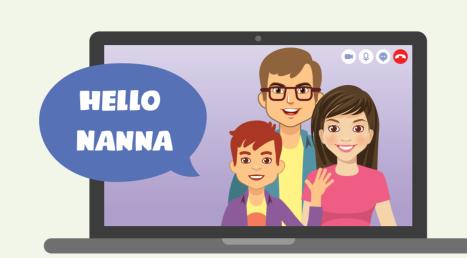
3 Strategies for Promoting MENTAL HEALTH in ISOLATION



Maintain positive social connections



Call a friend to talk about your day



Video chat to check in with a family member or friend



Spend quality time with those you live with

Minimise difficult situations where you live



Communicate
clearly and honestly
your needs, worries
and concerns. When
you need support
and when you

need time alone

Engage in activities you enjoy doing together





RESPECTone another during times of conflict



Maintain your sense of fun & positive humour

Plan out your day to restore a sense of purpose and normality to daily life



Get into the

right headspace

& change out of

your pyjamas

every morning

Create a **dedicated workspace** with
adequate lighting
and away from noise



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Follow a **strict working schedule**defining your
working hours







Stay connected
with your
manager and
work colleagues

This information is not a substitute for First Aid Training. Learn CPR First Aid with AustraliaWideFirst Aid