

Be kind to your mind

It helps to have some certainty in uncertain times. If possible, try to stick to a daily routine – waking up, working, eating, exercising and taking breaks at similar times each day.



If you need support, please contact
the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.



Be kind to your mind



During times of high stress, it is normal to feel scared, unsure, confused or even angry.

If these feelings are becoming too much, take a few deep breaths and focus on what you can see or hear around you right now.



Do this any time you are feeling highly stressed or upset.

If you need support, please contact the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.

Be kind to your mind

**Remember - your friends
are in your pocket....
You just have to call them**

**Friends and
family feel closer
when you talk**



If you need support, please contact
the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.



Be kind to your mind



Everyone deals with stressful situations differently, and that can be hard when everyone is stuck inside together.

Some teenagers might want time to be alone, while some younger children might need more time and attention from adults.



Talk with people in your house about what you need, and try to understand what they might need as well.

If you need support, please contact the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.

Be kind to your mind

Today have you:



Exercised?



Laughed?



Eaten something
healthy?



Connected with
someone outside
of the household?

Remember, we
are all in this
together 😊

If you need support, please contact
the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.

Be kind to your mind

Everyone copes with change and difficulties differently. How have you managed when things have been difficult in the past?



Can you share some of these coping strategies with friends and family?

If you need support, please contact the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.

Be kind to your mind

Are there socially distanced ways you can check on your neighbour and those who are alone?



You'll make two people feel happy once you do.

If you need support, please contact the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.



Be kind to your mind

An activity to try if you are
feeling stressed out and unsure



Imagine that you're in
your safe place – it might
be beside a waterfall, it
might be on a mountain
or in a forest.

Imagine what it looks
like, what it smells like
and slowly breathe in
and out. Tell yourself,
'I'm safe.'



If you need support, please contact
the Phoenix Centre on 03 6234 9138.



Supported by the Crown through the Department of Health.

Be kind to your mind

It is normal for times of high stress and uncertainty to trigger memories of stressful times in your past. If you find this happening a lot, try to bring your mind back to the present by noticing:



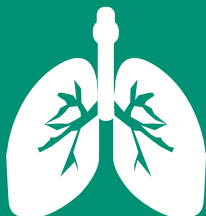
5 things you can see

4 things you can hear



3 things you can touch

2 things you can smell



And take 1 deep breath

If you need support, please contact
the Phoenix Centre on 03 6234 9138.



Supported by the Crown through the Department of Health.

Be kind to your mind



Use the power of kindness to make you and others feel stronger and happier.

Can you send someone a card, make them some food, share a favourite book or song?



Practising compassion and kindness can lead to a stronger immune system, greater happiness and lower levels of stress and depression.

If you need support, please contact the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.

Be kind to your mind

Practising gratitude can have a positive impact on your mental health, particularly during time of high stress or change.



Either by yourself, or with a friend or family member, try to name 3 things every day that you are grateful for in your life.

If you need support, please contact the Phoenix Centre on 03 6234 9138.

Supported by the Crown through the Department of Health.