



# Week One

---



## PERSONAL

---

- **Stick to a routine:** aim to get plenty of sleep, maintain physical activity (go for a walk or a run to reset your stress meter), eat healthy foods and allocate specific study/work hours and breaks, maybe set some alarms throughout the day to keep you on track.
- This will help you avoid aimlessly wandering through the day at home without your usual routine. Stay curious about your new experience and how you can use it to develop healthy habits.
- Do you like cooking something new? Try a new recipe that you always wanted to do but never got the time for.

## FAMILY

---

- **Media coverage:** find a healthy balance and limit news and social media if you and your family find it too distressing. The bad news can be overwhelming at times and not good for your overall mental health. Just remember to keep social distancing as a priority. Select one or two trustworthy and reputable information sources for your news, to avoid false reports and unscientific claims. The major national, state and territory news services provide regular online, television and radio bulletins.
- **Try and watch** films or documentaries that make you happy.

## FRIENDS

---

- **Share:** a recipe, household hint or tip with friends. They might inspire you to try something different or provide inspiration when you are having trouble thinking of what to cook or what to do to keep occupied. Have a bake off with your friends all using the same recipe.
- **Do you like gardening?** Plant flower or vegetable seedlings and watch them grow.



## COMMUNITY/NEIGHBOURS

---

- **Telephone:** a neighbour or friend who lives on their own just to say hello and check how they are traveling. A short phone call can make the world of difference to both of you.