

It's ok not to be ok

It's even more ok than ever to not be ok through our current pandemic.

When you find yourself consistently challenged in ways you've never really experienced before, over an extended period of time, it's easy to feel drained.

We are in a period of time that we can say is unique for most of us as our lives change and evolve in response to the COVID-19 pandemic.

At the moment that you find yourself reading this take a pause and acknowledge that in spite of all the challenges you have done the best you can do, and that's more than can be expected.

Remember, "It's ok not to be ok".

It's a natural human response to say to someone who is going through tough times "I understand". We recognise that for many of us who are either in heightened physical distancing or supporting our people in that situation, that right now we empathise with you.

We may not understand, but we are genuinely cheering and supporting you through these challenges. We're here for you and will stand beside and with you.

We recognise that many people are just trying to make it through the day before doing the same the next day. We also believe it's very important to remind you that we will get through this together.

If you need to prioritise self-care scroll below for our **[Personal Tool for Keeping Mentally Healthy](#)**

Personal Tips and Strategies for Keeping Mentally Healthy



Get enough sleep

If this is a new or an ongoing issue for you, take the time to speak to a professional in this area. There are strategies, ideas and practices that can assist (for example, sleep hygiene and stress management) to create good sleep.



Get enough sunlight

During the day, whether you are working at home or still in the workplace, make time to see the sun. It improves mood, concentration and helps to starve off depression.



Reduce alcohol, smoking and other drugs

Alcohol and other drug use can often be a self-medicating strategy that can increase without many people realising it. Cigarette smoking can create more irritability as more and more time between cigarettes creates withdrawal which can lead to irritability.



Manage stress

Be it work, personal, familial, relational, financial, or home-related. Name it and get on top of it. Stress management can be as elegant as planning or as broad as meditating, exercising, or counselling. All work.



Get active!

Do not just try something once and declare it a failure; try again. Look at activities that you can do in and around the home (gardening and walking with a neighbour) as well as using Zoom to play bridge with a cousin overseas. Teaching the mind new tricks gives confidence and helps to maintain mental health.



Find an activity that you like, that is fun and enjoyable

Perhaps due to restrictions you have not been able to go out to events or travel as much as you would like, use this time to fine-tune a skill (like a language, instrument, or creative pursuit) that makes you smile.



Connect, connect, and connect

Being sociable (in a COVID safe way) helps to reduce worries, stressors, and challenges.



Help someone else

With either a skill that you have or with your physical strength. When feeling a part of a community, often our sense of loneliness decreases. Loneliness kills more people than cancer, connecting is a great way to keep mentally strong.



Ask for help

At Centacare NQ we are, just like other supports around you, here to support, guide, listen and talk about what is happening for you. Ring, email or jump on our website for further support.

Remember as your EAP, we are here to support you whatever the nature of your concerns.
For a confidential conversation with one of our experienced clinical professionals, please contact us on 1300 672 273

centacarenq.org.au