



# PERSONAL TOOL

LET'S MAKE LOCKDOWN LIVING EASIER



*This tool was created by one of our senior clinical team members, Kate McPhee, Psychologist & Clinical Associate Coordinator at AccessEAP.*

From the previous lockdowns, we have gathered the following strategies from organisations, their people and our own employees and found that the following can really work:

- **Routine** – start the day with an activity (like exercise) and then bookend the end of the day with something to mark the day's passing.
- **Remind yourself that this is a temporary situation.** Of course, lockdowns can be extended, but remembering that it will end can be helpful to get through the day.
- **Connect with family and friends regularly** – via video and phone – about the small aspects of your day, your garden, a book you are reading and/or shows being watched.
- **Engage in hobbies** as there is only so much cleaning, working, cooking and gardening you can do! Pick up a hobby that you have meant to do for a long time.
- **Be Prepared-** set up your online grocery accounts. Be aware of options for contactless delivery of food and supplies in your local area.
- **Look for positive stories** of connection, friendship, good neighbourly behaviour and share that with family and friends.
- Remember that what you are doing by staying home and adhering to the restrictions is a **HUGE help** to the country.
- **Switch off your social and traditional media** each day. Take a break from the more sensational media stories and just check on alerts that may affect you through your state health department website.

Remember, as your EAP, we are here to support you whatever the nature of your concerns. Keep track of your wellbeing and access numerous tip sheets through our App, [AccessMyEAP](#). For a confidential conversation with one of our experienced clinical professionals, please contact **AccessEAP** on **1800 818 728**. We are here to help.

*AccessEAP acknowledges the traditional custodians of the land we work on and their continuing connection to land, culture and community. We pay our respects to Elders past, present and future.*

