

## Healthy Mind

### Thinking positively – taking care of your mind

Even if you're feeling ok, it's important to take the time to focus on creating a healthy mind.

No matter how the coronavirus pandemic is affecting you, there is a wealth of information and support available to help you deal with your situation in a healthy and constructive way.

### Watching

**Box breathing** – A simple easy to learn breathing exercise used to reduce stress. Box breathing can be done anywhere at any time and helps to calm the mind and anxiety.



More information [here](#)

**Smiling Mind** – Smiling Mind guides you through simple meditation exercises to get you started on your mindfulness journey. Colourful and warm, the app uses engaging illustrations and short meditation sessions to train you to become more aware of your breath and your senses, so you can bring mindfulness into your everyday routine.

You can access the app [here](#)

Or the Smiling Mind YouTube Page has many of their techniques available [here](#)

**Sushi Train metaphor** - Spend just 2 minutes watching this animation to reframe your negative thoughts. It uses the metaphor of a Sushi Train to explain how we can pick and choose our own thinking, explaining Acceptance Commitment Therapy (ACT) from Dr Russ Harris, author of 'The Happiness Trap'.

Access the video [here](#)

## **ABC – Your Mental Health during COVID –**

Now, more than ever, your mental health matters. Find connection, be inspired, and join the vital conversation shining a light on mental health and wellbeing. ABC has compiled a short list of video's from iView that touch on various aspects of mental Health and Wellbeing.

View the list [here](#)

## Reading

**Mental illness vs mental health: what's the difference?** - Mental health is more than just the absence of mental illness. Positive mental health is a combination of feeling good and functioning well.

Read more [here](#)

## **Feeling hopeless? –**

There are things you can do to create and maintain hope in a post-coronavirus world

Many of us have felt grief. And with grief can emerge feelings of hopelessness and resignation. We tend to lose hope when we can't see a pathway to our goals. At a time like this, it's important we rethink our goals to create and maintain hope.

Read more [here](#)

## Doing

**Black Dog Institute Self-Care Template** - The importance of self-care planning during Coronavirus

If you don't look after yourself first, you won't be able to help yourself or others. Black Dog Institute has a practical self-care template to help you focus, make decisions and stay healthy.

Find out more [here](#)

**Food and mood** – Improving mental health through diet and nutrition

Deakin's short course (3 hours a week for 3 weeks) explores how food, nutrition, mental and brain health are all related and how to make optimal dietary changes.

Find out more [here](#)

**Beyond Blue's NewAccess** – 6 sessions of structured coaching

Beyond Blue understands the worry and distress many people may be experiencing due to the coronavirus pandemic. NewAccess is a free program for anyone who is feeling stressed, anxious or overwhelmed about everyday life issues, such as work, study, relationships, health or loneliness.

Find out more [here](#)

**Black Dog Institute's myCompass** -

If you're experiencing symptoms of depression and anxiety, this tool will help you learn more and what you can do.

Find out more [here](#)

## **THIS WAY UP**

THIS WAY UP provides online learning programs, developed by clinicians at St Vincent's Hospital Sydney to help people manage anxiety and depression. They are offering free access to all their courses during COVID-19. Start by using the 'Take a Test' tool, which helps show you whether your feelings are within a healthy range and makes suggestions on a course which may benefit you.

Find out more [here](#) and click the take a test button