

## Tips for Coping with COVID19

### Limit Media Exposure



Refer to reputable sources for information

[Victorian Government Website](#)

[DHHS Victoria](#)

[DET Victoria](#)



### Maintain a Regular Routine

Make sure you are getting enough sleep, eating well, and exercising

### Recognise Your Feelings

Talk to someone about how you are feeling

It is normal to feeling frustrated, scared, sad, nervous, worried, uneasy, and anxious





### Do Things That You Enjoy



### Practice Relaxing Activities

- Drawing
- Reading
- Watch a Movie
- Mindfulness
- Slow Breathing



### Focus on What You Can Control

- School Work
- Following a Routine
- Eating Well
- Getting Enough Sleep