

# ATWORK AUSTRALIA'S TOP TIPS FOR EMPLOYEE WELLBEING DURING COVID-19

We know it is an uncertain time right now. atWork Australia Disability Employment Services are here to help. We have developed top tips for self-care, to help you support your employees through this time.

## Tips for self-care during this time:



### Stick to a routine

Go to sleep and wake up at a reasonable time – try setting your alarm for the same time each day. Structure your day and plan your to-do list to be varied. On days you are working, ensure you structure time for breaks too. Importantly, be sure to factor in time for self-care.



### Switch off from distraction

Schedule time for yourself each day, without the distraction of news or social media.



### Schedule some fun

Be sure to do something fun each day, positive emotions can help you build a buffer against stress. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: videos on YouTube, a funny TV show etc.



### Stay connected

It is important to stay connected socially during this time, whether that be conversations with your family, video calling friends and so on.



### Ensure you have some movement in your day

Physical and mental health are connected, so eat well and get some movement into your day. Perhaps do an online exercise video. If you are able to go outside with social distancing, try to get outside when there are less people around.



### Share how you are feeling

It's always okay to ask for help and support.

## We are here for you and your business during this time



Call us on  
1300 080 856



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