MENTAL HEALTH AND WELLBEING

For international students, studying in Australia is an exciting experience with the opportunity to explore a new culture, language and educational environment. But it can also have its challenges. It can be difficult moving away from family and friends, finding employment or housing, dealing with culture shock and home sickness, and navigating Australia's health care system.

The COVID-19 pandemic has added to these challenges. It is understandable that these challenges and experiences might impact your wellbeing, possibly leaving you feeling stressed, overwhelmed, uncertain and generally not like yourself.

THE IMPORTANCE OF MENTAL WELLBEING DURING COVID-19

It can feel overwhelming during this time as we work together to combat the spread of COVID-19 but there are organisations, services and resources out there to support your mental health and wellbeing.

Headspace
https://headspace.org.au/
Phone: 1800 502 348

Beyond Blue
https://coronavirus.beyondblue.org.au/
Phone: 1800 650 890

Lifeline
https://www.lifeline.org.au/
Phone: 13 11 14

National Coronavirus Helpline
Phone: 1800 020 080

Australian Government
Department of Health

AHM
Australian Health and Management Institute

Tips for looking after our mental health well–being

Stay active

It's pretty well known that exercise is really good for both our physical and mental health. There's heaps of different types of exercise you can do from home, thanks to YouTube and appsor continue doing whatever works for you.

Chat with your mates

Even if an in-person meet-up is off the table, try to stay in touch with your mates via text, Messenger, WhatsApp, FaceTime, or (gasp!) a good old-fashioned phone call. Ask them how they're feeling and share your own experience if you feel safe to do so.

Make a homemade meal

Good nutrition is always important, but during stressful times there's nothing better than a tasty, healthy homemade meal – especially if you made it yourself. You could ask a friend or family member for their fave recipe, or check out Taste's easy recipes section.

For many people it may be challenging to get some ingredients at the moment. If you're running low or not able to get certain things, it's totally fine to keep it really simple

Train your body to crave healthy food.

Love yourself enough to live a healthy lifestyle

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Take a break from the news

Between the news and social media, we're all feeling saturated by coronavirus updates right now. It's important to stay informed, but try to limit your media intake to a couple of times a day and use trusted news sources.

If you catch yourself turning to social media because you're feeling isolated, take a break and spend time on another activity.

Listen to your favorite music

Music can make us feel so much better. Hop on Spotify and make a playlist with your fave songs. You could make a group playlist and ask your friends to add five of their favourite songs as well.

If you want to get fancy, you could make several playlists for different moods/vibes (e.g. rainy day, feeling happy, etc.).

Watch or read something uplifting

Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world. Catch up on Netflix.

If reading is more your thing, go to your bookshelf a nd choose an old favourite or something you've been meaning to get to for a while, or if you don't have physical books then e-books are a great option.

Declutter for five minutes

If you're suddenly spending a lot more time at home, it can help to have an environment that feels good to you. Instead of getting all Marie Kondo and trying to overhaul your whole space in a day, try decluttering for five mins a day. Pick a shelf to start with or pick up five things and find a home for them.

Learn something new

Have you wanted to get into drawing or learning a musical instrument? Now's a great time to make a start. If you want to learn a new language, Duolingo is an awesome free language learning program you can access from your computer or phone. YouTube has great free online tutorials for pretty much everything.