An imbalance of pleasure, achievement and closeness can affect our mood.

At the end of each day, check in with yourself and reflect.

What did I do today that gave me a sense of:
Achievement?
Pleasure?
Closeness with others?

Did I get a good balance, or what can I do differently tomorrow?

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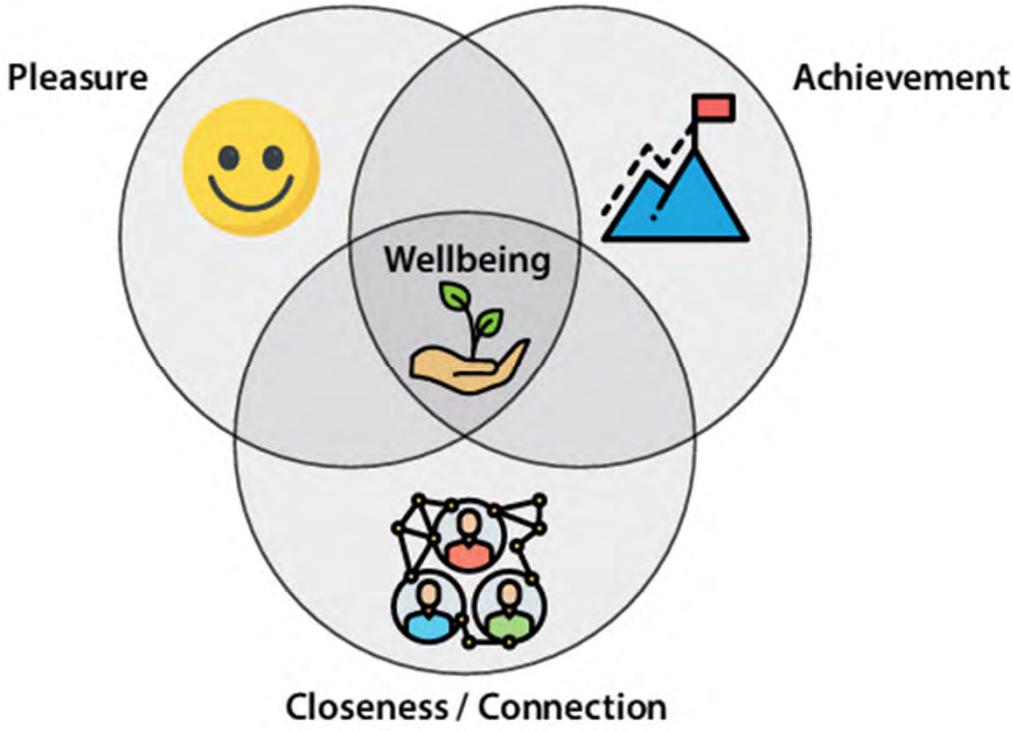
Look After Your Wellbeing By Finding Balance

When we are struggling with anxiety and worry, we can lose touch with things that used to give us pleasure. Plan to do some activities each day that are pleasurable and make you feel joyful. For example, reading a good book, watching a comedy, dancing or singing to your favourite songs, taking a relaxing bath, or eating your favourite food.

We feel good when we have achieved or accomplished something, so it's helpful to include activities each day that give you a sense of achievement. For example, doing some housework, decorating, gardening, a work task, cooking a new recipe, completing an exercise routine, or completing 'life admin' such as paying a bill.



We are social animals, so we need and naturally crave closeness and connection with other people. With the current health crisis many of us may be physically isolated or distant from others, so it's important that we consider creative ways to connect in order that we don't become socially isolated and lonely. How can you continue to connect with family and friends and have social time in a virtual way? Perhaps using social media, phone and video calls you could set up shared online activities (eg a virtual book or film club). You could also explore local online neighbourhood groups, and see if there are ways to be involved helping your local community.

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Use An Activity Menu To Give You Some Ideas To Stay Occupied

Animals
Pet an animal
Walk a dog
Listen to the birds

Be active
Go for a walk
Go for a run
Go for a swim
Go cycling
Use an exercise video at home

Clean
Clean the house
Clean the yard
Clean the bathroom
Clean the toilet
Clean your bedroom
Clean the fridge
Clean the oven
Clean your shoes
Do the washing up
Fill / empty the dishwasher
Do laundry
Do some chores
Organise your workspace
Clean a cupboard

Connect with people
Contact a friend
Join a new group
Join a political party
Join a dating website
Send a message to a friend
Write a letter to a friend
Reconnect with an old friend

Cook
Cook a meal for yourself
Cook a meal for someone else
Bake a cake / cookies
Roast marshmallows
Find a new recipe

Create
Draw a picture
Paint a portrait
Take a photograph
Doodle / sketch
Organise photographs
Make a photograph album
Start a scrapbook
Finish a project
Do some sewing / knitting

Expression
Laugh
Cry
Sing
Shout
Scream

Kindness
Help a friend / neighbour / stranger
Make a gift for someone
Try a random act of kindness
Do someone a favour
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you are grateful for

Learn
Learn something new
Learn a new skill
Learn a new fact
Watch a tutorial video

Mend
Repair something in the house
Repair your bike / car / scooter
Make something new
Change a lightbulb
Decorate a room

Mind
Daydream
Meditate
Pray
Reflect
Think
Try relaxation exercises
Practise yoga

Music
Listen to music you like
Find some new music to listen to
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast

Nature
Try some gardening
Plant something
Do some pruning
Mow the lawn
Pick flowers
Buy flowers
Go for a walk in nature
Sit in the sun

Plan
Set a goal
Create a budget
Make a 5 year plan
Make a 'to do' list
Make a 'bucket list'
Make a shopping list

Read
Read a favourite book
Read a new book
Read the newspaper
Read your favourite website

Schedule
Get up extra early
Stay up late
Sleep in late
Tick something off your 'to do' list

Self care
Take a bath
Take a shower
Wash your hair
Give yourself a facial
Trim your nails
Sunbathe (wear sunscreen!)
Take a nap

Try something new
Try a new food
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a new book
Do something spontaneous
Express yourself

Watch
Watch a movie
Watch a TV show
Watch a YouTube video

Write
Write a letter with compliments
Write a letter to your politician
Write an angry letter
Write a grateful letter
Write a 'thank you' card
Write a journal / diary
Write your CV
Start writing a book

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THREE GOOD THINGS

List at least three positive things you noticed today, ie things that made you feel good, successes you had, things you accomplished, positive feelings, changes you observed, interactions with others, coping strategies you used, etc.
Be specific and explore the reasons why these things have happened.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3

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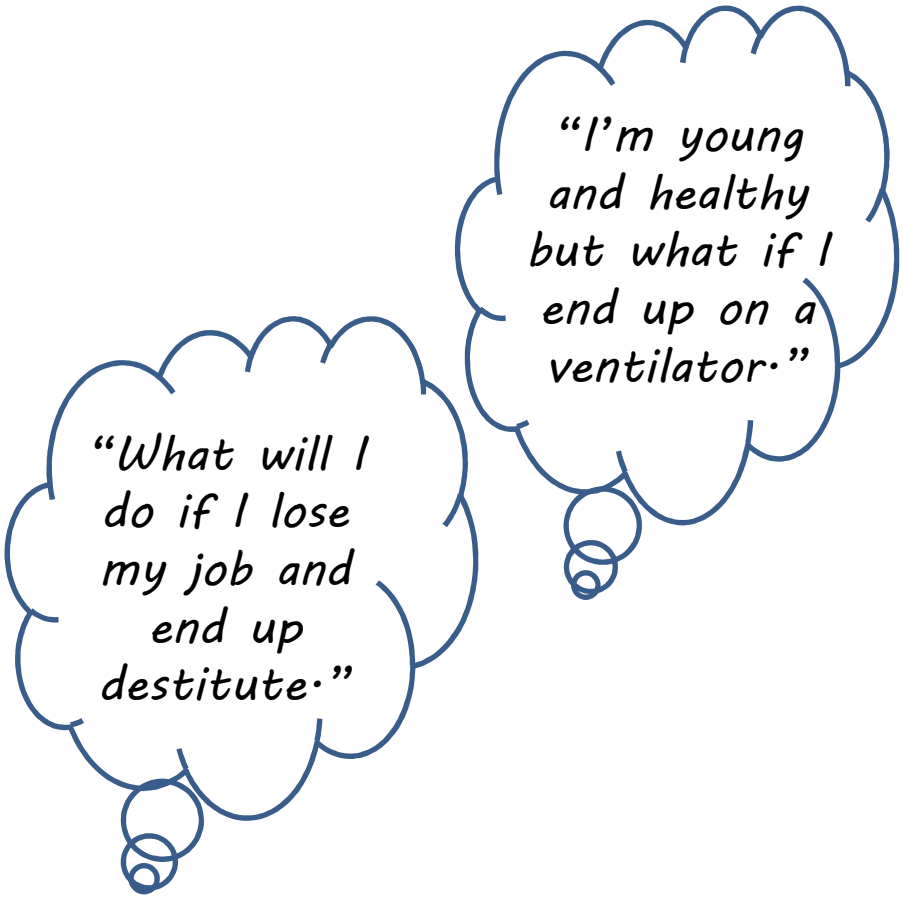
Real problem worries

are about *actual* problems that are affecting you *right now*

Hypothetical worries

are about things that do not currently exist, but which *might* happen in the future



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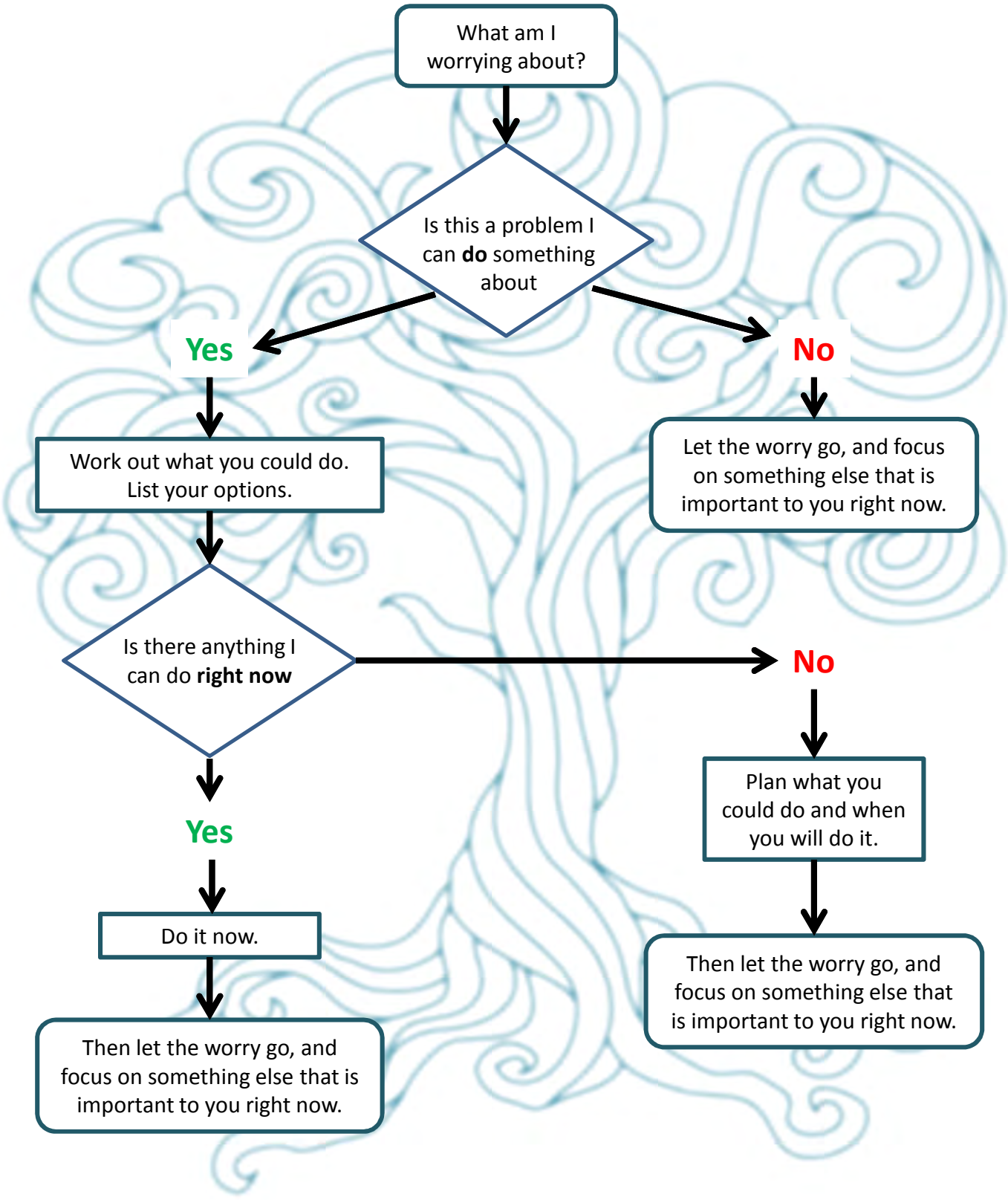
Use this Decision Tree to help you notice the 'Real Problem' vs 'Hypothetical Worry'



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Crisis Lines

- Lifeline 131114
- Coronavirus Mental Well being Support Service 1800512348

Psychologists

- https://barrenjoeypsychology.com.au

Australian Psychology Service Find a Psychologist

- www.psychology.org.au/Find-a-Psychologist

Other Resources

- https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress/
- Smilingmind.com.au Free App for adults and children

Information on Coronavirus

World Health Organisation (WHO) http://bit.ly/3cQUwCw

Australian Government Department of Health http://bit.ly/38OOwHe

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