

WAYS TO COPE WITH OUR CORONAVIRUS WORRIES



Make Dua. Prayer helps regulate your heartbeat, making it stronger and less stressed.



Think positive - what are three things that you are grateful for every day.



Maintain socialising by staying connected with friends and family.



Good sleep hygiene is important for both physical and mental health.



Mindfully prepare healthy meals and drink plenty of water.



Get creative and discover a new hobby to express yourself – draw, paint, build.



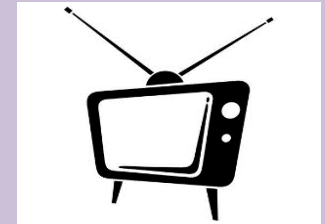
Create a daily To-Do list & stick to routine – Reading, music, journal.



Practice kindness, love, support and growth mindset.



Wash your hands regularly with water and soap for at least 20 seconds.



Limit news exposure as well as excessive screen time.



Practice mindfulness & controlled breathing daily.

MFIS COUNSELLORS ARE HERE TO SUPPORT YOU!

Counsellors are available Monday to Friday, 8am - 4pm.

Greenacre Secondary: counsellingGS@mfis.nsw.edu.au

Greenacre Primary: counsellingGP@mfis.nsw.edu.au

Hoxton Park: counsellingHP@mfis.nsw.edu.au

Beaumont Hills: counsellingBH@mfis.nsw.edu.au



Exercise is an excellent way to deal with stress. Exercise for at least 30 mins a day.

