

We are with you and are here to help!

Stay Motivated

SET SHORT, MID-TERM ACHIEVABLE GOALS

YOU CAN DO IT!

Communicate!

Express how you feel and clearly explain your feelings. Listen and call to action.

Exercise and sleep

LETS STAY CONNECTED - IMPORTANT MENTAL HEALTH LINKS

LIFELINE- www.lifeline.org.au

BEYOND BLUE- <https://www.beyondblue.org.au>

HEAD TO HEALTH OFFICIAL AUSTRALIAN GOVERNMENT SITE-

<https://headtohealth.gov.au/covid-19-support/covid-19>

SAFE WORK AUSTRALIA- www.safeworkaustralia.gov.au

LIFE LINE- 131 114

BEYOND BLUE- 1300 24 636

MENS LINE AUSTRALIA- 1300 78 99 78

KIDS HELPLINE- 1800 551 800

PARENT LINE- 1300 1300 52

KARITANE CARE LINE- 1300 227 464

CENTRELINK (FAMILIES) 136 150



TOGETHER WE WILL BE

HEALTHIER,

STRONGER

& HAPPIER

INSHA'ALLAH



Live Life Well

PRIMARY WELLBEING INITIATIVE

Sabr, dua and tawakul. Indeed Allah is with us.

Strategies to increase physical activity and improve healthy eating at home

- ✓ Drink water instead of juice or soft drinks,
- ✓ Limit junk food in the food pantry,
- ✓ Increase more vegetables in home meals/lunches
- ✓ Opt for fruit instead of sweet snacks,
- ✓ Engage in organised daily family exercise and fair play.
- ✓ Stretch, do yoga or pilates as a family- YouTube can help!
- ✓ Limit screen-time and encourage physical activity. Encourage your kids to run and play.
- ✓ Talk about healthy eating choices as a family,
- ✓ Model positive and healthy food habits.
- ✓ Give positive reinforcement when children are learning new skills, try to do work, try to master a skill or do physical activity.

Hygiene

WASH YOUR HANDS! SANITISE!

Detoxify from within

Eat clean, drink plenty of water, enjoy fruits and vegies with your kids. Breathe, take a moment and tell yourself, "We're in this together and Insha'Allah will overcome!"