

Take care of your mental health



It's okay to feel stressed, anxious or worried.



Use credible sources when looking for information about COVID-19 and how to stay safe.



If you're feeling overwhelmed, take a break from watching the news and social media.



Implement these healthy coping strategies to find what works best for you.

Examples include:

- Talk to family, friends or colleagues.
- Do something you enjoy.
- Use relaxation techniques like deep breathing or meditation.

Check in with yourself

The department has a range of services and programs to support your physical and psychological wellbeing on the **Being Well** intranet page

In addition, the department's **Employee Assistance Program – Supporting You** is available for confidential counselling services on 1800 060 650.

Find more resources at education.nsw.gov.au/inside-the-department/covid-19



Please use hand sanitiser