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tips for a healthy transition out of isolation

After weeks of isolation the transition back to the 'new normal' may give rise to mixed emotions, from relief and gratitude to anxiety and worry, and these emotions may ebb and flow over time – even daily! So, it is just as important to look after your wellbeing after isolation as during isolation. Here are a few tips to help guide you through the period.

1. Practice mindfulness

Mindfulness is purposely focusing your attention on the present moment—and accepting it without judgment – and in doing so, can help relieve stress and boost overall happiness. A free Mindfulness App is available from Smiling Mind which guides you through simple meditation exercises to train you to become more aware of your breath and your senses, so you can bring mindfulness into your everyday routine. Access the app [here](#).

2. Ease into it

Being around crowds of people – even though you're keeping 1.5 metres away from each other – can be overwhelming after a long period of isolation. Give yourself time to adjust by venturing out for short periods of time and only a couple of times a week.

3. Reframe your thinking

It's easy to get into a habit of negativity. This 2-minute animation shows you how we can pick and choose our own thinking and explains Acceptance Commitment Therapy (ACT) from Dr Russ Harris, author of 'The Happiness Trap'. Watch it [here](#).

4. Monitor your emotions

Reach out for support if you're struggling to manage your emotions.

- **Employee Access Program (EAP)** – staff and immediate family members can access 3 free confidential counselling sessions, and a further 3 with permission from their manager. Call **1300 135 600 (24/7)** or visit the **EAP Website** – [here](#)
- **Beyond Blue** has a fabulous suite of phone and online supports. NewAccess is a new free program for anyone who is feeling stressed, anxious or overwhelmed about everyday life issues, such as work, study, relationships, health or loneliness. Find out more – [here](#)
- **QLife** supports the LGBTIQ+ community and provides daily web chat (3pm-midnight) and telephone (6pm-10pm) counselling services. Find out more [here](#).
- **Disability Information Helpline** provides information and referrals for **people with disability**. Find out more [here](#).
- **Safe steps** is the state-wide access point for family violence support. Call **1800 015 188** for help 24/7. Find out more [here](#).

5. Set new goals

The goals you set prior to the pandemic may no longer be feasible, particularly if they involved overseas travel. Setting new goals that fit within our 'new normal' can really lift your spirits and instil a new sense of purpose in your life.

Self-care checklist

- Are you staying active?
- Are you eating nutritious meals?
- Are you keeping hydrated?
- Are you getting enough sleep?
- Are you taking time each day to switch off and relax?

