

WELLBEING TOOLKIT



COVID19 has rapidly turned our lives upside down. The way we work, spend our leisure time and connect with our families and friends has been dramatically transformed over the last months. Given the constantly evolving situation, underlying fears about physical and mental health as well as concerns about the economic impact of the shutdown, it is easy to become overwhelmed.

Now more than ever, it is important to take care of yourself, and to this end we have curated this Toolkit to provide information to help you care for yourself and your loved ones.

We understand that while, every employee has individual circumstances, and faces a unique set of pressures, there are some challenges we all face and that is where we hope this Toolkit will help.



WORKING FROM HOME

Working from home throws up a range of challenges, it can be isolating and tiring and for working parents the pressure of home schooling while trying to maintain professional responsibilities can quickly become overwhelming.

Staying connected with teammates whether by phone or videoconference can be helpful and reduce isolation, but it is also important to take care of your mental and physical wellbeing.

Tips for managing anxiety and self-care are available [here](#)

This article on [adapting your approach and attitude to work](#) offers some ideas on how to stay focused and productive at home, while this article offers strategies on [preventing burnout](#). Working parents can click [here](#) for some tips to help them better manage the competing demands of parenting/homeschooling while working.



CHILD CARE

Under the Stage 4 lockdown currently in effect in metropolitan Victoria child care centres will remain open but only to the children of essential workers and vulnerable children who cannot learn at home.

Victorian Premier Dan Andrews has defined an essential worker as someone who works in a supermarket, grocery store, bottle shop, pharmacy, petrol station, bank, news agency, post office or anyone involved in Victoria's pandemic response.

Regional Victoria is still at Stage 3, which means child care centres are open as usual, but subject to COVID-19 enforced health and safety measures. You can learn why it's [still safe to send your child to care here](#).

Read [this article](#) to learn how care provided by nannies has changed during COVID-19 to ensure the safety of families and carers.



[Emergency care](#) is available at reduced hours from 6am-7pm, with stricter health and safety measures in effect to keep children, families and staff safe. For more information please call 1300 011 167.

Care Corporate and CareforKids.com.au is offering additional support to essential service workers who need child care and you can learn more [here](#).

If your child is stressed and anxious about COVID-19 and the lockdown, click [here](#) to read some strategies for supporting them. Services such as [virtual playgroup](#), [virtual babysitting](#) and [this article](#) on entertaining under fives at home offers support for parents trying to balance working and home schooling.

RESOURCES

With the situation changing on a daily basis we are working hard to keep you safe and updated on the latest advice from government on how to manage the spread of COVID-19.

The Australian Department of Health has developed a [collection of resources](#) for the general public and you can access them [here](#).

To access general information from the Department of Health about COVID-19, including daily updates, latest news, current figures, travel advice and contact details and Frequently Asked Questions click [here](#).

For information on the global situation visit the [World Health Organisation website](#).

