



GLEN EIRA  
CITY COUNCIL

# MEDIA RELEASE

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## Look after your mental health during lockdown

With all that's happening in the world with COVID-19, there is a lot of uncertainty — especially now that Stage 4 restrictions are in place.

If you're feeling overwhelmed or stressed by what you're hearing and seeing, it's okay to feel this way.

Glen Eira Mayor Cr Margaret Esakoff said life has changed for all of us due to COVID-19 restrictions.

"Some people have managed these changes, others have found it challenging and many of us will have experienced a mixture of these things," she said.

"As we continue to navigate this turbulent time together, the importance of self-care remains critical to ensure we all stay well.

"Focus on eating well and getting enough exercise and good quality sleep. Read a good book, listen to music, watch a new television series or spend some time out in your garden."

Cr Esakoff said staying connected with friends, family and loved ones during this time is very important.

"The telephone, either fixed or mobile, is the easiest and most accessible means for regular contact, especially with older people," she said.

"The sound of a friendly, understanding voice on the end of the phone should never be underestimated."

If you're finding you're struggling and not feeling okay, remember to seek support early or when you need it. Council has produced a *COVID-19 Community Relief and Recovery Support Directory*, which focuses on service providers and organisations that can provide relief and assistance during the pandemic. To download a copy, visit [www.gleneira.vic.gov.au](http://www.gleneira.vic.gov.au)

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