

Surviving covid-19 isolation

A GUIDE ON: POSITIVE MENTAL STRATEGIES

Disclaimer

THIS IS A GUIDE ON MENTAL STRATEGIES.
IF YOU, OR ANYONE YOU KNOW, NEEDS
IMMEDIATE HELP REGARDING MENTAL OR
PHYSICAL HEALTH PLEASE USE THE LINKS
BELOW OR SEEK THE HELP FROM YOUR
LOCAL MEDICAL PRACTITIONER.

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'SURVIVING COVID-19 ISOLATION' A PRESENTATION BY TRISTAN J. SANTORO.
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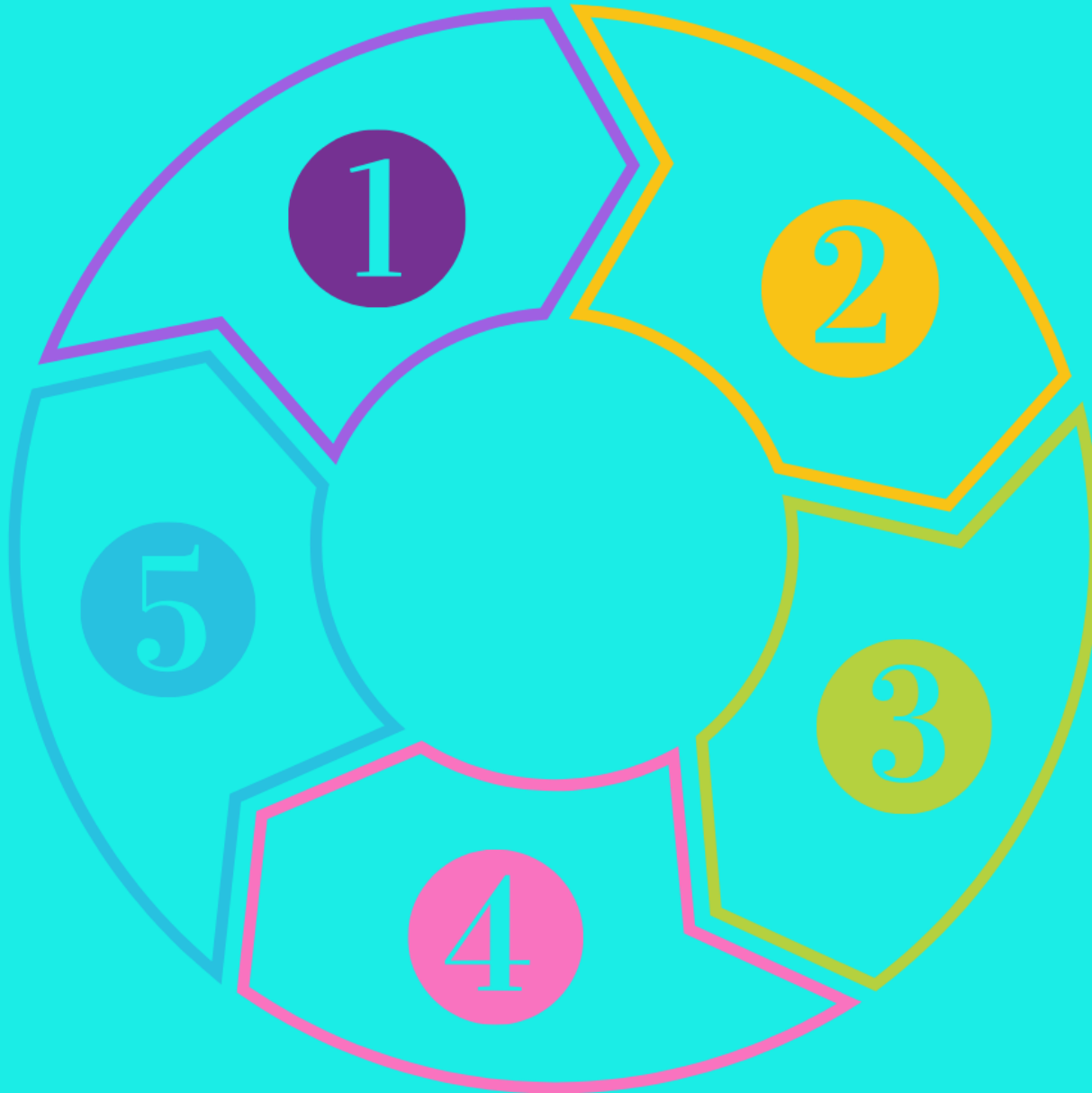
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5 WAYS TO STAY HEALTHY MINDED IN ISOLATION





1

Healthy Eating Habits

STRUCTURED EATING ROUTINES FROM MORNING TO
NIGHT - AS ADVISED FROM 'THE HEART-FOUNDATION'

1

MORNING

Egg Omelette w/ veggies and a side of fruit

OR

Oats and muesli w/ a side of yogurt and fruit

TIP: break your fast within an hour of
waking up

AFTERNOON

Mixed salad sandwich w/ sides of fruit and a
muesli bar

OR

Toasted sandwich of choice w/ sides of fruit and
mixed nut bars

TIP: alongside all meals, consume a healthy amount of
water (6 cups a day at least)

EVENING

Salmon w/ steamed veggies and rice

OR

Chicken w/ roasted veggies and rice

TIP: try to avoid eating after 7pm, or two hours before your bedtime



2

Regular exercise

ADVISED EXERCISE ROUTINES AND TIME DURATIONS -
AS ADVISED BY 'EVERYDAY-HEALTH'

BEGINNER

Weeks 1-3: light to moderate effort
(5 times a week)
15-25 minutes of moderate paced
activities i.e. walking

INTERMEDIATE

Weeks 4-6: Moderate to vigorous effort
(5 times per week)
25-35 minutes of moderate exercise i.e.
Jogging on and off

ADVANCED

Weeks 6-9: Vigorous effort
(6 times a week)
35-45 minutes of hard effort exercise i.e.
Running

A stylized graphic of a brain, composed of several overlapping, irregular shapes in shades of purple and blue. A green circle containing the number '3' is positioned on the right side of the brain graphic.

Sleep Schedule

ADVISED SLEEP AND BED TIME
ROUTINES FOR EVERYONE - ADVISED BY
THE 'SLEEP-FOUNDATION'

TEENAGERS

Age: 14-17

8-10 Hours per night

Best rest: 9PM-7AM

YOUNGER ADULTS

Age: 18-25

7-9 Hours per night

Best Rest: 9PM-6AM / 10pm-7AM

ADULTS

Age: 26-40

7-9 Hours per night

Best Rest: 9PM-6AM / 10pm-7AM

TIPS:

- Eat dinner two hours before sleeping
- Exercise throughout the day
- No electronics an hour before bed
- Create a night time routine to sync your sleep schedule to



MEDITATION

A HEALTHY FORM OF MENTAL EXERCISE: AS
ADVISED BY 'HEADSPACE'

MEDITATION ROUTINE

- 1) Pick a spot: Find a spot that makes you feel comfortable and relaxed
- 2) Set a timer: Set a time limit of 10 minutes
- 3) Settle in: Close your eyes and get comfortable with your breathing pattern
- 4) Begin your breath work: Every deep inhale think "in" & every exhale think "out"
- 5) Mental focus: Direct your focus to the air you're breathing as it flows through your body
- 6) Return and Reflect: If you find yourself wondering off, return back to your breath work until the time is up. Once completed, reflect where you went mentally and how your body is feeling now



5

POSITIVE REINFORCEMENT

THE REMEMBRANCE OF GRATITUDE AND POSITIVE
METAPHORS TO AVOID A MENTAL BLOCK OF ISOLATION

5

POSITIVITY

Reinforce mental positivity through positive messages and meanings

This repetition of reinforcement can trick our minds from a fatigue state into a new & vibrant outlook

Think:

GRATITUDE

the quality of being thankful; readiness to show appreciation for and to return kindness.



WHEN WE FOCUS ON
OUR GRATITUDE, THE
TIDE OF
DISAPPOINTMENT GOES
OUT, AND THE TIDE OF
LOVE RUSHES IN.

1

Healthy eating gives us the fuel we need to stay mentally and physically alert throughout the day

Regular exercise gives our bodies a reminder to continue working whilst we are isolated away from regular routine

2

3

Healthy sleep schedules give our minds the rest it needs to continue staying positive and alert

Meditation allows our bodies to regroup and calm down when confined to a small space or mindset

4

5

Positive reinforcement allows us to look at the brighter things in life with a smile, whilst looking at the challenges with an open mind



Useful Links

1. Healthy Eating

5 FOODS FOR A HEALTHY LIFE, BY TASTY

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=J1NCRSH6174](https://www.youtube.com/watch?v=J1NCRSH6174)

10 MINUTE DINNER RECIPES | HEALTHY
DINNER IDEAS, BY HEALTH-NUT NUTRITION

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=JZJSUW4XV7K](https://www.youtube.com/watch?v=JZJSUW4XV7K)



Useful Links

2. Regular Exercise

10 MORNING EXERCISES TO DO AT HOME, BY
ROBERTA'S GYM

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=PG2F3GF5RLI](https://www.youtube.com/watch?v=PG2F3GF5RLI)

TOTAL BODY WORKOUT: HOME EXERCISE,
BY PSYCHETRUTH

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=HNF9VTBC_DK](https://www.youtube.com/watch?v=HNF9VTBC_DK)



Useful Links

3. Sleep Routine

HOW TO FIX YOUR SLEEP SCHEDULE, BY
BETTER THAN YESTERDAY

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=IMFSA7NTJZE](https://www.youtube.com/watch?v=IMFSA7NTJZE)

THE BENEFITS OF A GOOD NIGHTS SLEEP, BY
TED-ED

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=GEDOSFZVBGE](https://www.youtube.com/watch?v=GEDOSFZVBGE)



Useful Links

4. Meditation

20 MINUTE MEDITATION FOR BEGINNERS, BY LIVING BETTER

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=YZ1QWO_T6MM](https://www.youtube.com/watch?v=YZ1QWO_T6MM)

5-MINUTE MEDITATION YOU CAN DO ANYWHERE, BY GOODFUL

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=INPOK4MKVLM](https://www.youtube.com/watch?v=INPOK4MKVLM)



Useful Links

5. Positive Reinforcement

THE POWER OF POSITIVE REINFORCEMENT,
BY TEDX TALKS

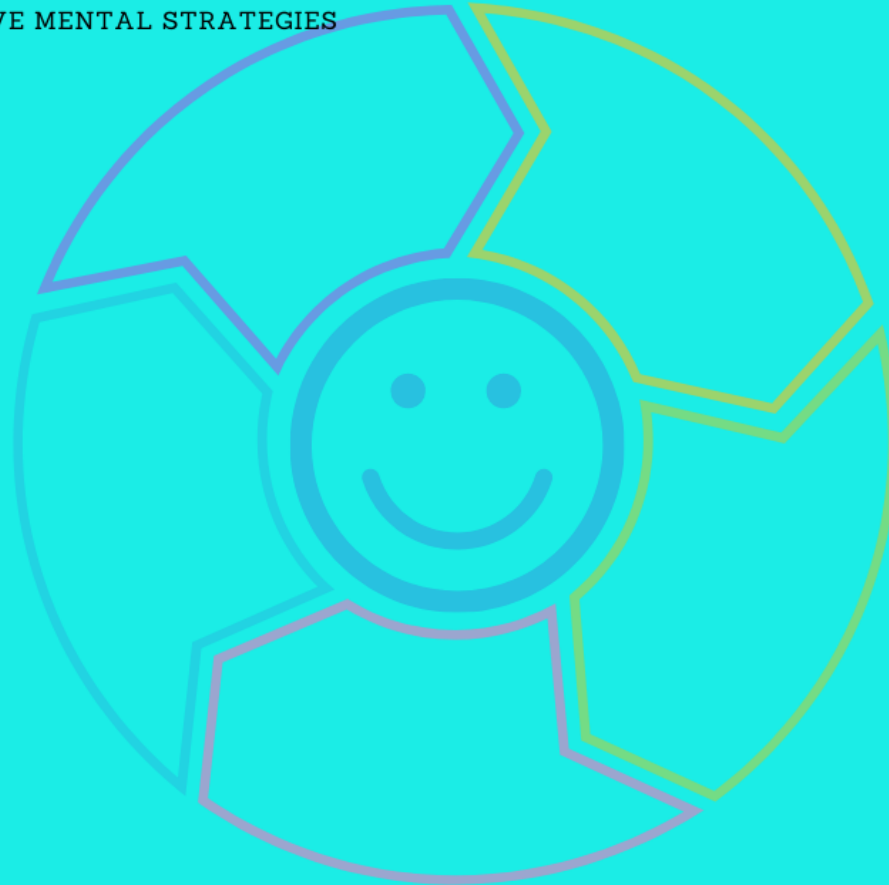
[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=MZ9YWL3ICPC](https://www.youtube.com/watch?v=MZ9YWL3ICPC)

POSITIVE REINFORCEMENT, BY BECK
INSTITUTE FOR COGNITIVE BEHAVIOUR
THERAPY

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=RL4FNUSX3TE](https://www.youtube.com/watch?v=RL4FNUSX3TE)

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