

# Where to find help during COVID-19

helpful links for the AFL community

## What is Stress? How do we manage it during COVID-19?

COVID-19 has interrupted the critical building blocks of wellbeing and created new stresses for many of us. Understand the impacts of stress in this [Ted Talk](#) with Kelly McGonigal.

## The 6 Elements of Wellbeing

AFL recognise 6 ways to boost wellbeing and manage stress, based on positive psychology. Check out this [Ted Talk](#) with Martin Seligman to learn more.

Aim to build a daily wellbeing routine which factors in each of our 6 wellbeing elements.



### Positive Emotion

Knowing the behaviours that bring you daily joy and happiness



### Engagement

Understanding what you're good at and using your personal strengths



### Relationships

Fostering meaningful and energizing connections with others



### Meaning

Discovering a sense of purpose that is greater than ourselves



### Accomplishment

Persisting to believe in and grow the things that matter to us most



### Health

Maintaining quality nutrition, sleep and movement

## Try an online course to manage anxiety or stress

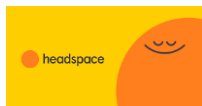
[This Way Up](#)

[MoodGYM](#)

[Mental Health Online](#)

[Mind Spot](#)

## Try an app to help you practice mindfulness or relaxation



## Struggling with loneliness and isolation?

Check out Emma Seppala's [TED Talk on social connection](#).

Connect with friends and colleagues everyday through chat, phone, text or email.

# Where to seek help during COVID-19



The impacts of COVID-19 on young people may be different to adults. Friends, freedom and independence are important for teenagers' development. Interruption to school and sport, adjusting to studying online, boredom and loneliness also impact wellbeing. Use [Headspace Resources](#) to help manage wellbeing



Beyond Blue has forums for [coping during the coronavirus outbreak](#). [Find out more](#) with helpful tips to cope with social isolation.

**Is COVID 19 creating stress for children in your family?**  
[Find out more](#) information for parents here.



**If you or someone you know needs crisis support contact Lifeline**

**Call 13 11 14   Text 0477 13 11 14   Chat: <https://www.lifeline.org.au/>**

