People.
Passion.
Pride.
Since 1833.

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Speak out
Reach out
Help out

If you're not feeling yourself, speak out and talk to someone.

If you think one of your colleagues needs support, reach out and talk to them.

Your manager or local HR representative is also available to talk to or you can visit our new Wellbeing Hub to find out about organisations that can help out.

https://WeAreMenzies/wellbeing.com

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Stay connected

Avoid feeling isolated by contacting friends and family regularly, and if you're not attending work keep in touch with your manager too.

Try to keep to a daily routine that suits you and includes time to be outdoors, time to relax and time to do the things you enjoy most.

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Avoid information overload

During the pandemic, it's important to stay up-to-date but easy to feel overwhelmed or distracted by the news.

Limit your use of social media and read, listen to or watch reputable news sources. Consider watching the news just once in the morning or evening.

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Notice the way you feel

If you're not feeling yourself, notice it. You may be more tearful or irritable than usual, or not want to keep in contact with your friends. Perhaps you're always tired, not sleeping, or making mistakes.

Notice the change in yourself and make use of the resources on our Wellbeing Hub to help you manage.

https://WeAreMenzies/wellbeing.com