



## COVID-19 update

The health and safety of staff and clients is our top priority

Thursday 22 October 2020

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### **Pause, peruse, proceed**

There are lots of changes for us to get used to in our new COVID normal. It is easy to fall into old habits, or to simply forget that things are different — particularly when we get into auto-pilot mode. But we all have a personal responsibility to comply with space and distancing restrictions in the workplace.

So when you are about to enter a meeting room, lunchroom or a lift, try these three Ps:

- **Pause:** Each space has a limited capacity. Consider how many people can safely use the space you are about to enter.
- **Peruse:** Look around and count how many people are already there.
- **Proceed:** Head inside if you can, or you may need to wait for the next lift, or find another area to eat your lunch.

Perfect!

It's okay to gently remind your colleagues to do the right thing, but do it with kindness. It is a big learning curve for us all to change our behaviour, so let's work together to build these new habits.

Above all, remember the golden rules: **1.5 and sanitise!**

### **Take care Thursdays**

Challenge yourself to try three calming things this month.

Here are some ideas to try this week:

- **Sleep:** Having trouble sleeping? [Quality sleep is important](#) for good mental and physical health. Here are some [tips from Queensland Health](#) on getting a good night's sleep.

- Read: Did you know that settling in with a good book is actually good for your health? New research from [Oxford University Press](#) tells us that beyond enjoyment, “bibliotherapy” can play a significant role in improving our mental health, and overall sense of wellbeing. You can find out more about the positive practice of reading [here](#), or why not stop by the Library Shop for a recommendation!
- Make: Craft and art bring many [wonderful health benefits](#). Pick up that project you’ve been meaning to try at home or in the garden. Activities such as knitting, quilting, woodworking and other tinkering activities have been shown to reduce levels of depression. [The Corner at Home](#) has lots of fun ideas for activities to try at home, perfect for big and little kids alike.

*Vicki*