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THE NEW WAY TO DO UNI

## VU'S 10/10 SERIES



Dear Career Practitioner,

Welcome to week five of Victoria University's 10/10 Series. This week we chatted with Clinical Psychologist and VU Psychology Lecturer, Alana Howells, on how COVID-19 lockdown restrictions have affected our mental health and how we can better support ourselves and our community in times of uncertainty.

Watch the video below to learn more.

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SUPPORTING OUR  
HEALTH DURING

IDENTITY

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By taking care of our mental health we are able to better handle the challenges and stress in our lives, which may have been heightened by the COVID-19 pandemic. Our mental health is also intrinsically tied to our physical health. Exercise, a healthy diet, and support networks, all contribute to creating a healthy self. Read more about the links that the Mitchell Institute has found between [self-care and chronic illness prevention](#). [The Victoria University Psychology Clinic \(VUPC\)](#) is open for new referrals, offering free psychology sessions to support our community. Sessions are currently offered via Telehealth with VU postgraduate psychologists in training.

While restrictions remain in place, there are still members of our community who remain isolated. Read the uplifting story of Jerusha Mather, a Victoria University PhD student [who is writing letters to vulnerable members of the community through COVID-19 while she completes her PhD](#). As we continue to follow social distancing measures and government advice, there are still ways to ensure we stay connected to our communities. [Check out our top tips for staying social while in isolation](#) and keep the good vibes coming.

Has this info been helpful? Give us your feedback [here](#).

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