

Share and bond  
over experiences  
with people.

### *Tip 1*

Stay connected  
with your loved  
ones and other  
reliable people in  
your social circle  
and support  
network.

### *Tip 2*

Keep yourself  
informed by trusted  
and reliable  
sources and seek  
information that  
empowers you.

### *Tip 3*

# *Tips to navigate uncertain times*



## *Contact us*

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## ***Tip 4***

Practice gratitude towards yourself, others and the world surrounding you.

## ***Tip 5***

Be in the present.

## ***Tip 6***

Find something you are passionate about, gives you purpose and drive.

## ***Tip 7***

Maintain a routine as much as possible.

## ***Tip 8***

Engage in a hobby  
- whether this is gardening, cooking  
- anything that keeps you busy.

## ***Tip 9***

Walking, going out doors, meditation - these are things that can help you clear your mind.