



HIGH BLOOD PRESSURE RESEARCH COUNCIL OF AUSTRALIA

The COVID-19 pandemic is posing new challenges to all of us. We would like to support our members, their families and the general community and ensure that they have access to reliable information and tools to maintain good health, habits and productivity during periods working from home or whilst in self-quarantine/isolation.

We hope the resources below can provide some guidance through this uncertain period.*

Mental and physical health (including nutrition)

- [Normal life has been disrupted: Managing the disruption caused by COVID-19 – a free ebook endorsed by Occupational Therapy Australia](#)
- [Mental Health during the coronavirus outbreak - Beyond Blue](#)
- [What is COVID-19 doing to our mental health – University of Melbourne](#)
- [Exercise and infectious diseases - BJSM](#)
- [Staying physically active during self-quarantine – World Health Organisation](#)
- [Staying physically and mentally healthy while stuck at home- TIME](#)
- [Healthy eating guidelines from Heart Foundation](#)

Maintaining social connection

- [How to stay connected working from home - 7News](#)
- [Social distancing can make you lonely – here's how to stay connected](#) – The Conversation

Productivity

- [Tips for working from home - TIME](#)
- [Working from home with kids during COVID-19 - CNBC](#)
- [25 useful productivity methods - The Success Manual](#)

Keeping informed on COVID-19 and hypertension/CV disease

- [Australian Government Department of Health](#)
- [COVID-19 Hub – American College of Cardiology](#)
- [COVID-19 and Cardiology – European Society of Cardiology](#)

ZOOM CONVERSATIONS

To help members stay connected, 30 minute Zoom conversations will begin from the 24th of March. Please feel free to dial in using the links below and have a chat with colleagues over a virtual cup of coffee or tea, keep each other informed, discuss how the HBPRCA can assist any further and share any other updates with each other. This is also a good opportunity to get to know other members from around Australia.

The conversations are password protected to prevent hacking and this will be circulated in a separate email.

Tuesdays 12.30pm – 1.00pm AEDST Join here:

<https://latrobe.zoom.us/j/865767720?pwd=OHRnQ1F2Z3VDM3F1ODF0ZVd6N1BXdz09>

Thursdays 2.30pm – 3pm AEDST Join here:

<https://latrobe.zoom.us/j/143995589?pwd=ZEI2UWF4L1VadWdBWHU2NTBfNkxjQT09>

If you or anyone you know finds themselves in a difficult situation please be aware of the various helplines available from the organisations below:

Lifeline on 13 11 14

Kids Helpline on 1800 551 800

beyondblue on 1300 224 636

Headspace on 1800 650 890

MensLine Australia on 1300 789 978

QLife on 1800 184 527

Suicide Call Back Service on 1300 659 467

If it is an emergency please call 000

**These resources are not the only available resources but are offered as suggested reading. For further information please consult health.gov.au or [Heart Foundation](#)*