



BALMORAL
MEDICAL PRACTICE

Mental health and wellbeing review

Returning to the 'new-normal' life post COVID-19 pandemic

Dr Rose Li

It seems almost surreal that we are already well into 2022! For many Australians, the past two years have flown by in a numbing blur. All around the world, people struggled to cope with the effects of the COVID-19 pandemic. The global economic, social and health impact was unprecedented. Although we are now fortunately returning to the 'new-normal' after overcoming the last few outbreaks, the effects can linger long after the end of a lockdown.

One of the few positives to come out of the pandemic was the greater discussion and awareness of the importance of maintaining one's mental health. There has long been stigma surrounding mental health issues and those who seek help. However, the pandemic really highlighted the crucial link between physical and mental wellbeing for everyone.

Research has shown that over the past two years, support services such as Lifeline and Beyond Blue received historically high call volumes from people in distress.

To help support people through these difficult times, the Federal Government **temporarily doubled** the number of medicare-rebateable psychological therapy sessions from **10 to 20 per calendar year**. To access these sessions, you will need to have a valid Mental Health Treatment Plan completed every 12 months through your GP.



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Top tips to take care of your mental health & general wellbeing:

1. Regular exercise – a daily brisk walk can boost your mood and relieve stress
2. Adequate sleep - aim for 8 hours a night and maintain a regular sleep schedule
3. Balanced diet - plenty of fruits and vegetables
4. Connect with others – spend quality time with friends and family
5. Meditation – helps calm the mind and release tension

So, if you would like some additional support for your mental health and wellbeing, book an appointment with myself or your usual GP to discuss a Mental Health Treatment Plan and access the extra psychology sessions available while it lasts.

**Call us on
8209 3999**