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MUSCULOSKELETAL
AUSTRALIA

MSK News

Your weekly update about
COVID-19 and musculoskeletal health

7 May 2020

At the time of writing, most of Australia was experiencing some sunshine. It's amazing what a little sunlight can do to your mood. It makes you feel happier and more positive...and we really need those things right about now!

This issue of MSK News is a mixed bag of topics - we look at testing for COVID-19, why we're feeling so tired lately, and how anxiety can sneak up on you. We also update you on our latest news and goings on at Musculoskeletal Australia.

Remember if you need any information or support, we're here to help. Call us weekdays between 9am and 5pm on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).

Keep well, stay safe and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And please feel free to [share this newsletter](#) with others.

Why are we feeling so tired?

If you're feeling tired at the moment you're not alone. It seems we've become a nation of sleepy heads, even though we're not going

out and on the surface should have all the time in the world to be well rested. So **why are we feeling so tired?**



Testing for COVID-19 - you get a test, and you get a test, and you get a test!

Anyone with symptoms can now get a free test to see if they have COVID-19. **We look at the tests** being used, how they work and what we can expect in the future.

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Sponsor's content by AbbVie

AbbVie Discovery Series: The evolution of arthritis treatment and care - presented by Adam Spencer.

You can help the most vulnerable people

Now more than ever, we're asking for your support to help people get through this especially tough time. Please consider making a **tax deductible donation** by 30 June to ensure the MSK Help Line is available to those who need it most. Donate here or call us on 03 8531 8011.

[DONATE HERE](#)

I was OK until I wasn't: anxiety and COVID-19

Many of us are so used to saying an automatic "I'm fine" when asked about our health that we don't take the time to examine if it's really true. **Anxiety** can creep up on you, especially when everything's so uncertain and crazy. This is how I ended up feeling - to

quote Magda Szubanski - "a bit wobbly".



Spoil Mum this Mother's Day

Commit to the promise of something nice to look forward to - a day at the Peninsula Hot Springs! Always great supporters of ours, this year the 'Make a Difference' package gives 50% back to us! And, it's valid for three years so you've got plenty of time to use it. Jump online and [book your voucher today](#).

Information at your fingertips

We've recently added some new videos from our nurses Anne and Clare to our [Facebook page](#) and [website](#), as well as the recording of our [parents info evening](#) "Encouraging good mental health in children with a chronic musculoskeletal condition" with psychologist Megan Davis.

Some of our health professional friends - Dr Adam Castricum (sport and exercise physician) and Fiona Thomas (occupational therapist) - have also been creating videos for us on physical activity and adapting to life during the pandemic. Watch these and our full range of videos on our [YouTube channel](#).

Contact our national MSK Help Line

Our nurses are keeping on top of all the latest medical information about COVID-19 and how it relates to your musculoskeletal condition. They can give you lots of helpful information and support. Contact the MSK Help Line weekdays on 1800 263 265, email helpline@msk.org.au or send a message via [Facebook messenger](#).



Share your MSK message

You can help us help others by creating a short video message of support, help and hope to others living with musculoskeletal conditions who may be struggling with isolation and COVID-19. For more information [email us](#). We'd love to hear from you and share your story.



Smile - and the world smiles with you

Sometimes all you want to do is dance...and you're never too old. [Watch this chap](#) bust some moves.

Coronavirus Health Information Line

Call this line if you're seeking information on coronavirus (COVID-19).
It operates 24 hours a day, seven days a week on 1800 020 080.

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