

NSW Covid-19 2021: Celebrities reveal mental health secrets to beating lockdown

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Mental health battles during our longest lockdown affects everyone, including celebs. Local star Barry Du Bois reveals how he is coping and how to turn bad days good.



TV Presenter Barry Du Bois. Picture: Tim Hunter

Du Bois has had a “dark couple of weeks”. TV’s “Mr Fix-It” on The Living Room reveals he’s been feeling the weight of friends and acquaintances anger at the state of the world and it was creeping into conversations.

“I was constantly having conversations with people, a lot who I agree with, but it would turn irrational, and the conversation would end on an angry or negative note,” he said. “I started thinking, I wish I would never have started that conversation in the first place, which is not a good place to be in.”

Having had cancer, Du Bois has been well versed in the practice of meditation and breathing techniques, which was part of his treatment. Even though these techniques were bringing him peace while doing them, he still felt like he was being triggered by other people’s anger and frustrations.

“I would find inner peace when meditating, but then everything outside that was negative. So I knew I had to change that,” he said.

Du Bois, who announced he’s running for Senate in the next Federal Election, believes the key to life is curious conversation and decided to do his bit to end his conversations on happy notes. “People don’t need to agree, but when we get irrational the beautiful gift of conversation is terminated and that’s not good for anyone’s mental health,” he said.

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