

FACE COVID

Looking after your mental health during the corona virus

FACE

Focus on what is in your control

Fear and anxiety are normal responses to a crisis of any sort and it is natural to be worried. But you can't control what happens in the future, or what the government will be doing about it. Focus on what *is in your control* – our own actions and behaviour.

Acknowledge your thoughts and feelings

Silently and kindly acknowledge whatever is “showing up” inside up you: thoughts, feelings, emotions, memories, sensations and urges.

While you are acknowledging your thoughts and feelings, also...

Come back into your body

Connect to your physical body.

You can find your own way of doing this, or try the following:

Slowly pushing your feet into the ground.

Slowly straightening your back and spine.

Slowly stretch your arms and neck, shrugging your shoulders.

Breathe slowly.

Engage in what you're doing

Get a sense of where you are and refocus your attention on the activity you are doing.

Look around the room and notice:

5 things you can see.

3 things you can hear.

Notice what you can smell or taste in your nose and mouth.

COVID

Committed action

This means taking effective action because it is truly important to you.

Includes the protective measures against the corona virus: staying 2 metres away from others.

Opening up

Make room for difficult feelings and be kind to yourself. This includes fear, anxiety, anger, sadness, guilt, loneliness, confusion and more.

Values

Any action should be guided by your core values: what will you stand for in this crisis?

How do you want to treat yourself, and others?

Values may include: love, respect, humour, patience, courage, honesty, caring, and openness.

Identify Resources

Find resources for help, assistance and support. This includes speaking to family, friends and health professionals.

For information on the coronavirus disease (COVID-19), call the Australian Government's National Coronavirus Helpline on **1800 020 080**.

Disinfect and distance physically

Make sure you disinfect your hands regularly and practice as much social distancing as realistically possible for the greater good.

If you have access to internet, you may like to check out this helpful video...

<https://www.youtube.com/watch?v=BmvNCdpHUYM>