

Coping with Coronavirus : Helpful Strategies

Focus on what you can control

There is a lot happening that you can't control so try focusing on what you DO have control over – your thoughts, actions, routines.



Now is the time to focus on the things that matter.

Be kind to others, and yourself

Remember we are in extraordinary times.

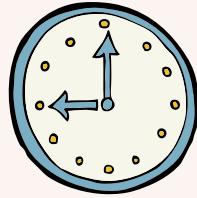
It's OK to not feel OK, to be anxious, or to not be as productive as you would like.

Don't put unnecessary or unrealistic expectations on yourself or others.



Create a routine

While your days may look different having a daily routine will help you and your brain(that loves predictability) to feel safe.



Try sticking to regular routines for meal times, bedtime, exercise etc.

Connections

Keep connected with friends and family to reduce feelings of isolation.

Humans are social beings so it's important to keep up your connections with others.

Get creative – try Skype or Zoom, Messenger, House Party App or just ring someone! Chat to your neighbour from a safe distance.



Limit your exposure to the news

If you are feeling overwhelmed look at limiting how much and how often you are consuming information about Covid-19.



Constantly surrounding yourself with COVID-19 news and thoughts may not be good for your mental health.

Practice self-care

Taking care of yourself should always be a priority.

Think about getting the basics right

Focus on getting a good nights sleep, eating a nutritional diet and moving your body everyday.

Get outside and breathe in some fresh air.

Do the small things that make you feel good – take a long bath, paint your nails, spend some time in the shed.



Practice healthy coping strategies

Think about what helps you to feel calm and cope with stressful situations.



Is it taking a walk, calling a friend, breathing exercises, journalling, cooking, playing music or some alone time?