

MAINTAINING POSITIVE MENTAL HEALTH DURING THE COVID 19 CRISIS

1. Coping With Stress During Challenging Times



It is normal to feel sad, stressed and confused, scared or angry during a crisis. Talking to people you can trust can help. Communicate with friends and family.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a Tonic Practitioner. We can create a plan of where to go and how to seek extra help for physical and mental health needs if required?



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Whilst isolating really prioritise maintaining a healthy lifestyle. Include a well balanced diet & plenty of water; sufficient sleep and relaxation time; daily exercise and social contact with loved ones, colleagues, neighbours and friends. It all matters.

Source: Adapted from WHO (World Health Organisation)

2. Tips on How to Develop a 'Worry Time'.



Choose a 'worry time' – a regular period of 15-30 minutes each day for worrying – ideally at the same time and in the same place. I'd advise not to do this prior to bed time.



Notice when a worry pops into your mind: if you notice that you have started worrying at any time outside the planned worry time, tell yourself: It's OK to have this worry, but I'm going to put off thinking about it until my worry time. I will have time to think about it later. I will be able to deal with this problem later.



Note down your worries: you might find it helpful to carry a notebook to quickly write down the worry thought, and then close the book until worry time. Don't be concerned if the same thought pops back again very quickly. It is very common to experience repeated worry thoughts. Just repeat the same process: accept the thought, write it down and then postpone it for later.



Focus on your daily life: after noting down your worry, close the book, focus your attention back onto the present moment and concentrate on whatever activity you are carrying out. This will help to let go of the worry until worry time arrives later on.

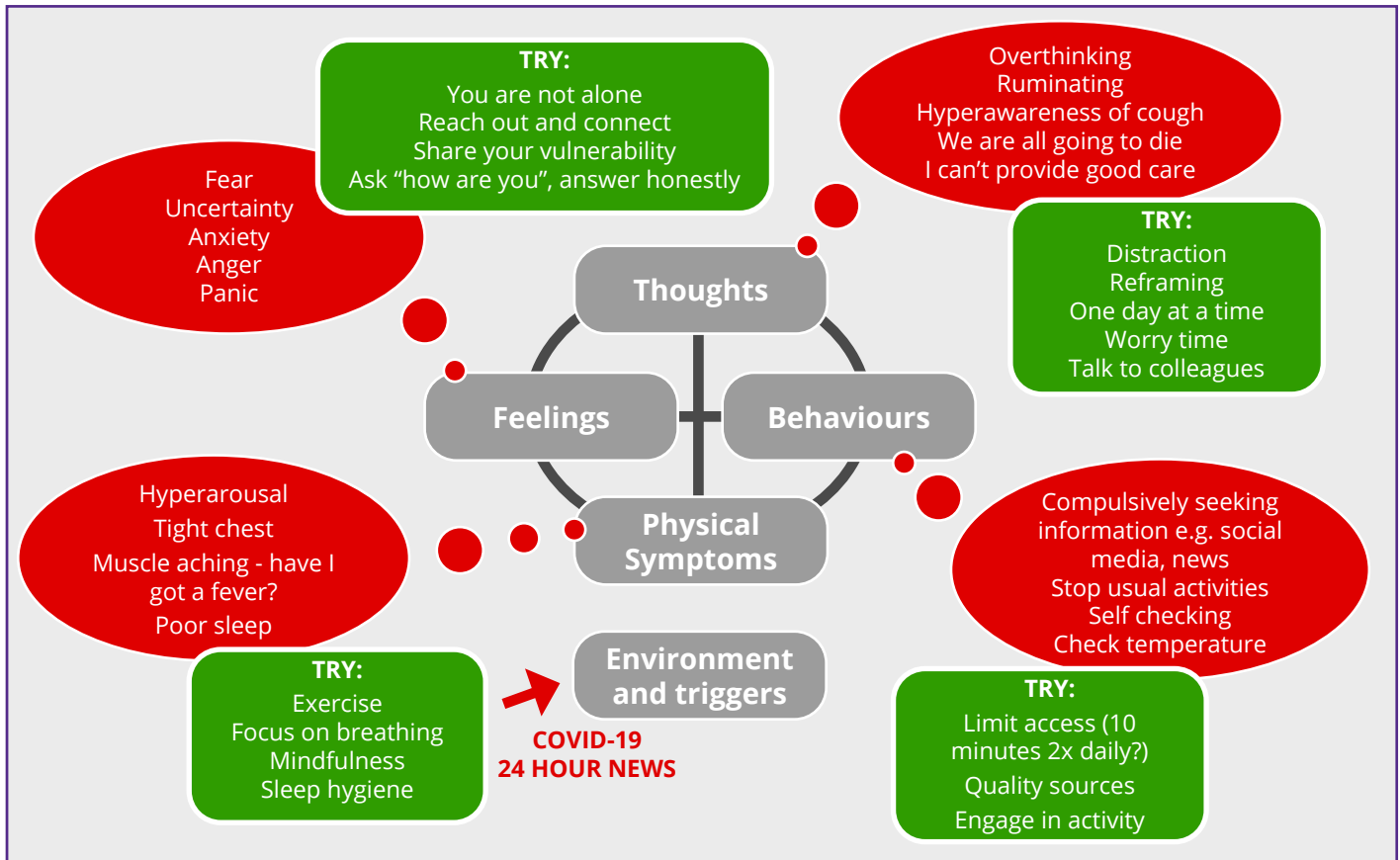


Review your worries during worry time: when it comes to your planned worry time, you can look through your list of worries. Cross anything off the list that is no longer a worry for you. Allow yourself to worry for up to 30 minutes. Try to also focus on some problem-solving ideas by asking yourself: Is there anything I can do to help this situation?



Move on to another activity: don't spend any longer than planned during worry time. Afterwards, try to move quickly onto another activity that is likely to take your mind away from your worries and lift your mood, such as exercise, listening to music or calling a friend.

Summary of Helpful Strategies



3. Useful websites

NHS MH website

<https://www.nhs.uk/oneyou/every-mind-matters>

Guide To Living With Worry And Anxiety Amidst Global Uncertainty

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

MIND advice on mental wellbeing and COVID 19

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

For teenagers

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Support for parents who's children are worried about the virus

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

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