



Looking after yourself during Lockdown

AMBER HUNTER

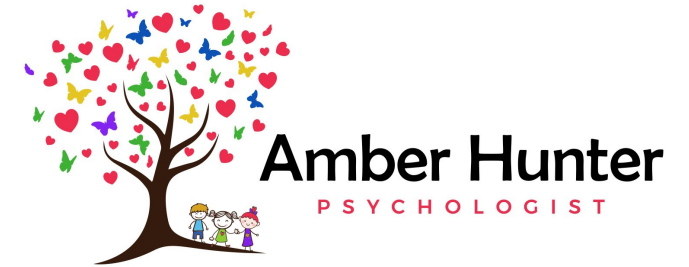
SCHOOL COUNSELLOR

ST IVES HIGH
SCHOOL



Amber Hunter
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How are you coping during Lockdown?



What are your signs that you're not coping?

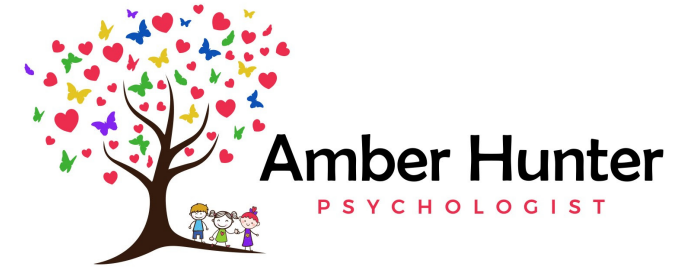
- **How you feel emotionally**

stressed and anxious, anger, frustration and confusion,
sadness and boredom, denial

- **Sensations in your body**

headaches, chest pain, rapid heartbeat, sweaty
palms, dry mouth, butterflies in your stomach

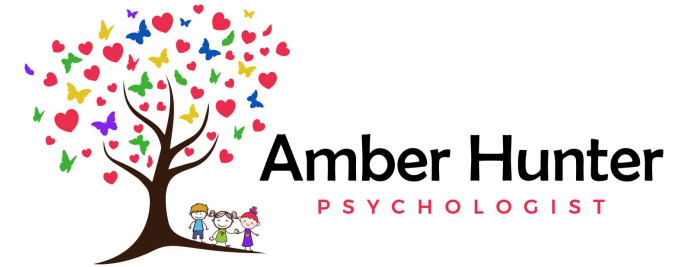
How are you coping during Lockdown?



What are your signs that you're not coping?

- **A shift in the way you are thinking about things**
constantly worrying, racing unhelpful thoughts, forgetfulness, negativity
- **How you are behaving**
withdrawal, change in appetite, procrastinating, avoiding responsibilities, fidgeting, biting nails

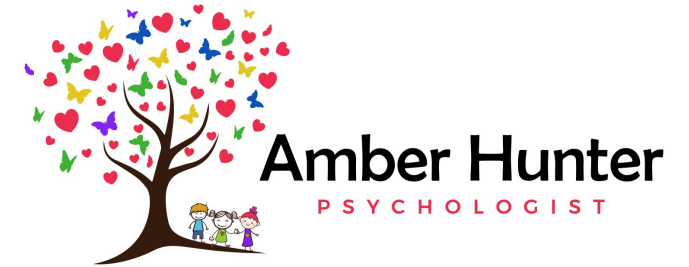
Normal Reactions



If you start to notice that you are experiencing these things, **it is important to remember that these are normal reactions to a not normal time.**

During this time it is important as best as possible to keep things in perspective, learn the facts and remain engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them due to the lockdown restrictions.

Keep things in perspective



When we are faced with events like these, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?

Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.

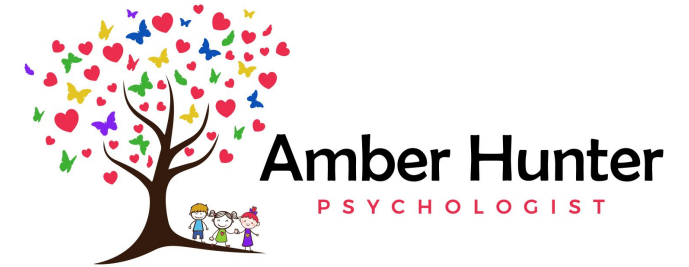
- Am I overestimating how bad the consequences will be?

Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.

- Am I underestimating my ability to cope?

Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

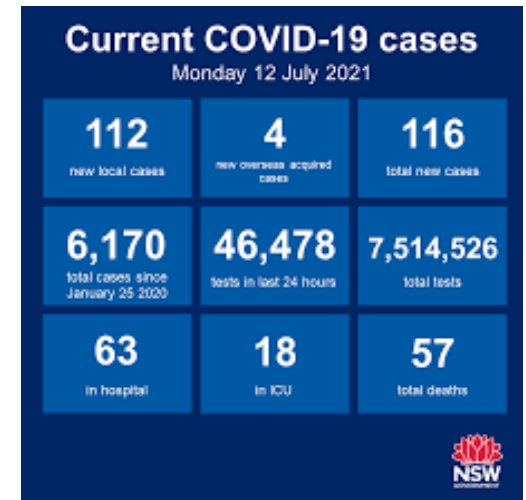
Tips for coping with Coronavirus Anxiety – Learn the Facts



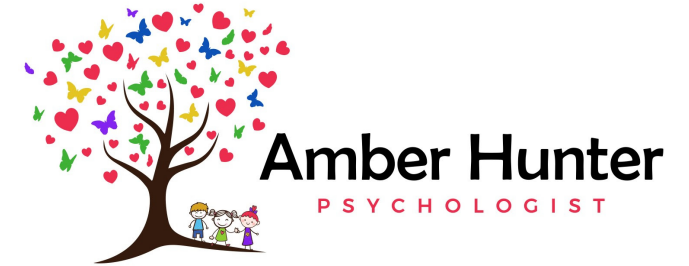
Constant media coverage about the coronavirus can keep us in a heightened state of anxiety.



Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's health alert or other trusted organisations such as the World Health Organization.



Practice Self-Care

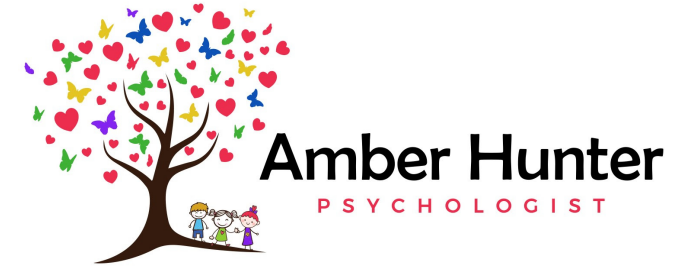


To help encourage a positive frame of mind, it is important to look after yourself.

Positive self care practices include:

- maintaining good social **connections** and communicating openly with family and friends
- making time for **activities** and hobbies you **enjoy – have some ‘me’ time!**
- keeping up a **healthy lifestyle** by eating a balanced diet, keeping hydrated exercising regularly and getting quality sleep
- practising **relaxation, meditation and mindfulness** to give your body a chance to settle and readjust to a calm state i.e hot chocolate breathing
<https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>.

Supporting your wellbeing

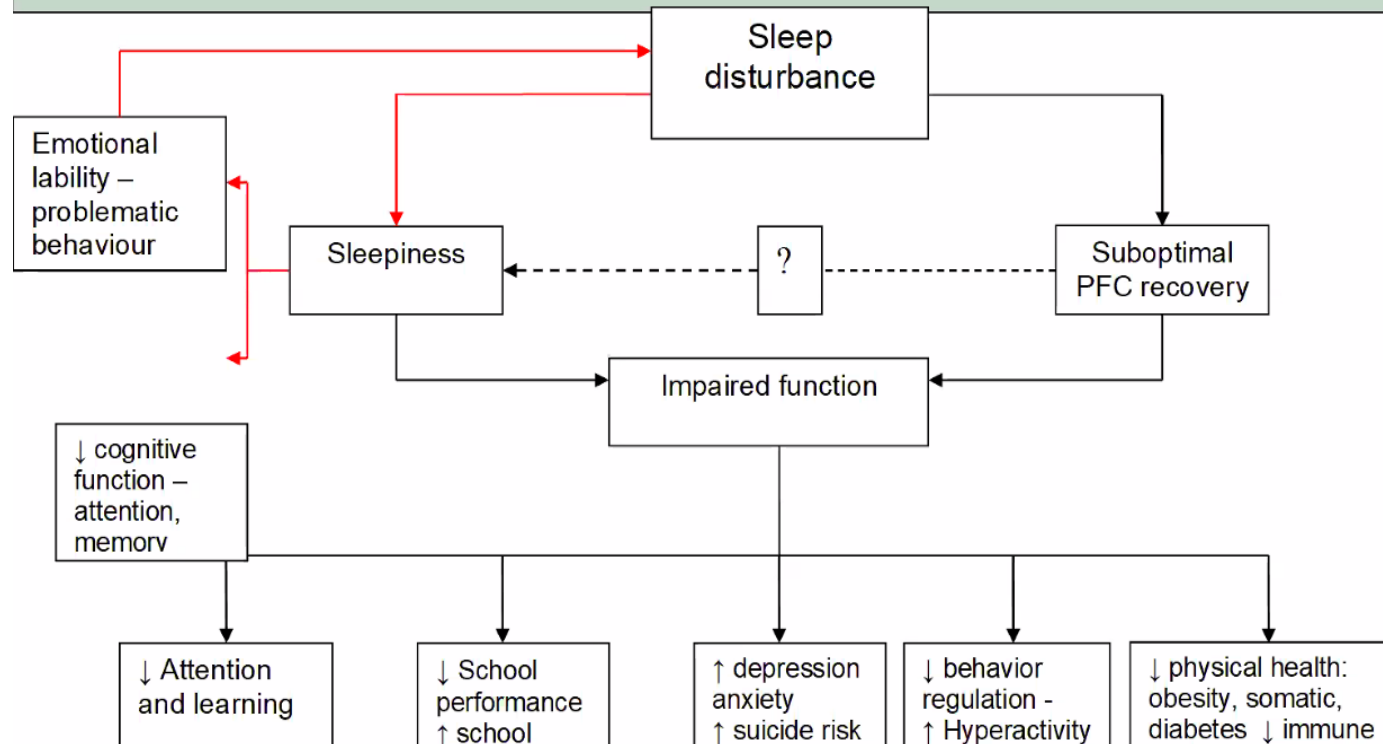


During this time it is important as best as possible to keep engaged with the activities that support your wellbeing:

- maintaining the **same routine as school** to complete school work whilst having breaks at the same time will ensure returning to school it isn't a huge adjustment
- **declutter for five minutes** - it can help to have an environment that feels good to you when you are suddenly spending a lot more time at home.
- **make a homemade meal** to help the family and practice good nutrition
- **reducing use of technology** outside home learning time, particularly as you approach sleep due to the light from screens impacting sleepiness.

Importance of Sleep

Effects on performance and health



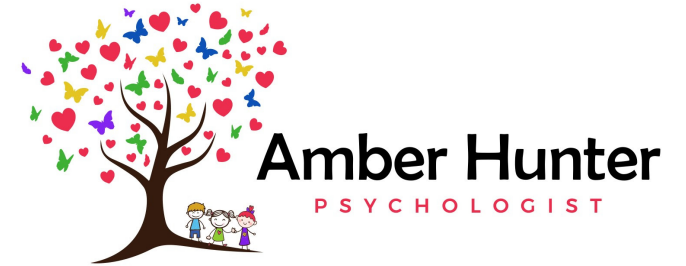
Engage in behaviours compatible with sleep:

1. screens off 1 hour before bed

2. practice calming strategies

3. regular sleep routine – weekdays and weekends

Additional Support



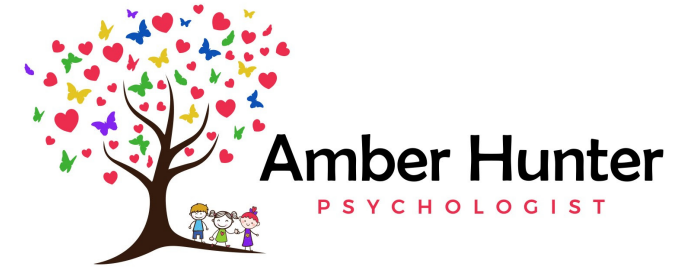
Sometimes things can get overwhelming, even if you've been practising self-care. As most people will be physically distancing or self-isolating a great option is telephone and online services.

- If you or someone you know is in danger call 000
- Helplines like Kids Helpline, Lifeline, BeyondBlue or Headspace
- Apps like Smiling Mind, Clear Fear or WellMind
- Online Support like Bite-Back or The Brave Program



Please contact your Year Advisor or self-refer to the school counselling service, both myself and Emmy are here to support you. My contact is amber.hunter9@det.nsw.edu.au

Summary



- You are not alone in your feelings in this 'not' normal time
- Limit media exposure to coronavirus news
- Take time to connect with family / friends, do things you enjoy, continue to achieve in new creative ways
- Maintain the same routine as you do when physically attending school to complete school work
- Maintain a healthy lifestyle, exercise regularly and eat well
- Practice calming strategies and good sleep habits.