

# Addressing Cabin Fever associated with COVID-19

MARCH 2020

# Agenda



Confined time and space



Work time / Home time



Dealing with anxiety on  
several fronts



# Cabin fever

# Common signs of Cabin Fever

Restlessness,  
lethargy

Sadness or  
depression

Lack of  
patience

Having food  
cravings

Frequent  
napping

# *Mi casa es su casa*

Have a meeting  
to discuss  
designated  
zones

Everyone's input  
to create  
routine and  
rituals

Personal time vs  
Family time



# Boost your wellness



Maintain a good physical activity routine



Stay hydrated



Have proper meals



Choose healthy snacks



Watch alcohol intake



Define work time and home time



Maintain social  
connectiveness

A group of business professionals in a hallway, with a sign on the wall and a red vertical bar on the right.

Respect each others "personal space"

Work time

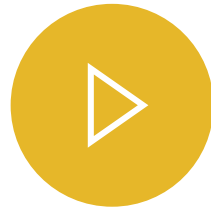
Me time

"Together"  
time

# Enjoy “together time”



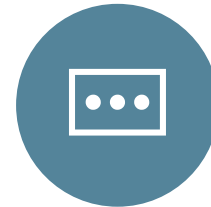
EXERCISE TODAY



PLAY WITH PET



BOARD GAMES



GUESSING  
GAMES



JUST DANCE ON  
XBOX/NINTENDO



YOU TUBE -  
YOGA

# Recharging my battery

Read

Embrace  
humour

Yoga/Pilates

Watch uplifting  
videos

Have a  
Gratitude journal  
or wall

Have a bath

Stretch

Go for a run

Deep slow  
breathing

Do a  
crossword/puzzle

Cook/Bake a  
new recipe

# What if I live alone?



CONNECTING  
WITH PEOPLE



SPEAK WITH  
LOVED ONES



CREATE NEW  
RITUALS



CREATE NEW  
ROUTINES

# What to do if there is conflict?



Have discussions early



Apologize and Forgive

Say “I am sorry” or “I forgive you”



Get some fresh air



Give each other space



Learn for next time



Parents – look for triggers

# Tips to keep you agile

Read

Crosswords  
and puzzles

Gardening

Bird  
watching

Yoga/  
Pilates

Detox from  
technology

Start DIY  
project

Scrapbooking

Sewing

Declutter

Watch  
documentaries

Have movie  
nights

Enjoy  
boardgames

Learn card  
tricks

Try new  
recipes

Research  
your family  
history

Sort out old  
photos

Befriend a  
frog

I am feeling anxious and  
would like to speak to  
someone?

General  
practitioner

SMG Health  
Employee  
Assistance Program  
1800 273 865

Health Direct  
1800 022 222

Coronavirus Hotline  
1800 020 080

## EAP SUPPORT DURING COVID-19 CORONAVIRUS OUTBREAK

SMG HEALTH'S EAP TEAM OF SENIOR  
PSYCHOLOGISTS CAN ASSIST EMPLOYEES:

- Feeling anxious or nervous about the spread of COVID-19
- Dealing with feelings of isolation or facing the prospect of quarantine
- Dealing with the uncertainty of the situation
- Understanding how to look after yourself and your family

Contact SMG Health  
for a free, confidential  
appointment with one  
of our professional and  
experienced counsellors.

 **1800 273 865**

 **Through Your Gateway**

 <https://www.smghealth.com.au>

# QUESTIONS

The recording of today's  
webinar will be available on  
your Wellness Gateway

Questions can also be  
emailed to  
[wellness@smghealth.com.au](mailto:wellness@smghealth.com.au)

