

COVID19 ADJUSTMENT WHEEL - TIP SHEET



DIMENSION: ANXIETY



Changing times means changing demands requiring an adjustment of our responses to those demands. For many this is difficult as the demands instigated by this pandemic has meant a lot is out of our direct control. This has left many of us feeling either helpless or unable to make the important decisions to better manage the situation. With no end currently in sight, the pandemic leads to uncertainty and greater anxiety that may relate to important issues such as our job, finances, relationships, or generally returning to life 'as it was.' While we cannot influence the actual pandemic, we can control our responses to it and through that reduce the impact on our mental well being as we prepare for the 'new normal' throughout the pandemic.



Tips to address ANXIETY during COVID19

- **Acknowledge Vulnerability:** We are human, and as such we are all vulnerable to the challenges that surround us. Feeling more anxious in the current circumstances is a normal response to the situation. Once you accept vulnerability it provides an opportunity to move forward and identify different things you can engage in that will provide interest, enjoyment, and satisfaction. It could be a new hobby, exercise, meditation, online sport/cultural activity, or something you haven't had the time to do in the past.
- **Thinking:** Take responsibility for your own thoughts about the impact of the pandemic. Only you control your thinking and your thoughts are infinite. Remember the adage: "We are what we think."
- **Half Glass Full:** While we need to be realistic and acknowledge we are living through a period of significant adversity, try and find an opportunity that will assist as we come out the other side.
- **Gratitude:** Identify one thing each day that you can be grateful for. It might be a relationship, your health, or noticing beauty in your environment such as a bird singing, a breeze whistling, or the sun shining.
- **Positive Self Talk:** All of us have the ability to think negatively (which we do very well) about various things which we don't like. It's normal to do so, but it doesn't lead to more positive outcomes. Rather it perpetuates the negativity. Be alert to when you are thinking in this way and "thought stop". That is acknowledge the negative thought and take responsibility for changing (reframing) it to a more positive but realistic focus.
- **Stay Connected:** Humans are social creatures. Staying socially connected, sharing how you're feeling, and helping others all boost your own wellbeing. How you stay connected with the important people in your life might look different at the moment but it's important to find ways that suit you and your circumstances.
- **Wellbeing Tips:**
 - Get enough sleep and rest
 - Exercise to clear your mind and increase release of endorphins to make you feeling better naturally
 - Write down to do lists or make a plan; allocate time for these tasks and plan ahead to avoid disappointment



Prioritise your wellness and seek help early

Employee Assistance Program: is a confidential, short term assistance program provided by qualified professionals. This service is available to all employees, for both work-related and personal problems where you may need assistance, support or guidance.

General Practitioner: Your GP can discuss medical or other support options with you. If you don't already have a local GP you can search for clinics in your area via: Health Engine <https://healthengine.com.au>

Communicate: Often we tend to bottle our concerns inside which leads to them just going around and around in our mind without achieving a satisfactory solution. Sometimes just talking to a family member or a trusted colleague can break open the bottleneck and lead to some solutions.



Useful Resources

- **Books**
 - » 365 Days of Positive Self Talk: Shad Helmstetter Ph.D
 - » Notes on a Nervous Plant: Matt Haig
- **Videos**
 - » [Practice Positive Thinking & Stop Negative Thoughts](#)
WU Executive Academy You Tube
Nov 28, 2019
- **Apps**
 - » [Headspace App](#)
 - » [Calm App](#)
 - » [Smiling Mind App](#)
- **Useful Phone details for support**
 - » Lifeline 13 11 14 or online chat
 - » Beyond Blue 1300 22 4636 or online chat
 - » Parentline 1300 301 300
 - » Kids Helpline 1800 55 1800
 - » Headspace 1800 650 890
- **Weblinks**
 - » [Anxiety and Selfcare](#)
 - » [Ways to manage anxiety](#)



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