

COVID19 ADJUSTMENT WHEEL - TIP SHEET



DIMENSION: PHYSICAL DISTANCING

Due to the need to protect ourselves, our family, friends, and colleagues from COVID-19 we have had to adjust and modify our day to day behaviour. From shaking hands, giving hugs, to social distancing when at a supermarket checkout, at work, exercising or at sporting or other community venue, our way of life has substantially changed. The impact of this should not be underestimated as human beings generally function more effectively when we can easily slot into those important conditioned rituals (such as hand shaking), that we have practised all of our lives. However, while acknowledging that at some stage these are rituals we will return to, at the moment we need to look at alternative strategies in managing our social interaction according to COVID safe guidelines. You can use the Adjustment Wheel to assist you with this.



Key Tips

- **Physical distancing does not have to mean social distancing.** Whilst we need to be cognisant of the physical distancing guidelines, we can remain social via the use of technology both socially and for work. We successfully did this in past pandemics without the advantages of modern technology.
- **Perspective.** Be thankful that we can physically distance and practice good hygiene. In many more congested places in the world this is not possible.
- **What you can do?** Many have taken physical distancing to mean they must curtail much of what they are used to doing, rather than continuing to do things, albeit differently, according to the local COVID regulations. So, **work out what you can do rather than what you cannot.** This will help to give you a more positive mindset.
- **Control what you do, not what others do.** While some find physical distancing difficult and frustrating, still make sure you keep to the guidelines. Others may breach these regulations so be aware of your immediate surroundings and don't get overly upset if others do the wrong thing. You cannot control their behaviours, only your own.
- **Remain positive.** While it is important to acknowledge the reality of frustration in physical distancing try to focus on its longer-term benefits to you, your family, your workplace and your community.
- **If you are unwell.** Even if you are suffering mild symptoms of coughs, cold or sore throat, **isolate at home until you are well.** That way you will recover more quickly and there will be no risk of illness transfer to others.

Other Wellbeing Tips

- Be patient with yourself and others as we are all trying to adjust to physical distancing.
- When going out to public places, perhaps think about the time of the day. Avoid peak times and busy areas.
- Making lists or having a plan helps to schedule work, exercise, shopping, entertainment to avoid frustration. Remain positive and plan in advance.
- Consider wearing a protective mask in congested areas.



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>



Useful Resources



1800 273 865



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