

## COVID19 ADJUSTMENT WHEEL - TIP SHEET



### DIMENSION: SOCIAL ENGAGEMENT



Many people have had their social activities severely impacted by the coronavirus pandemic. Depending on our personal interests this has included sport, movies, concerts, theatres, hobbies, exercise programs, going to restaurants and just visiting friends. In totality this is a significant upheaval in one's 'normal' day to day routine and certainly has proved a major disruption to work-life balance equilibrium. So, the question for many has been... What can I do to regain the work-life harmony needed for a balanced lifestyle? Though certainly not easy, we can decide to use this pandemic as an opportunity to review those activities that we have not had time for in the past, or indeed 'new' experiences that we may not have even considered. Or maybe modify some of those activities. While some people are replacing the decline of their previous social activities with more remote work it is important to try and maintain a healthy balance. Consider using the Adjustment Wheel to get you started on some relevant (to you) alternatives.



### Key Tips

- **Identify those non work areas of your life** that have been impacted by the pandemic. Review those that you can continue in whole or in a modified form (see web link in resources) and those that are currently out of the question. (Remember you will be able to return to these at a later date).
- **Go back over your life and see if you can remember activities** that you were good at, enjoyed but didn't progress at all when you were younger. Reconsider if any of those activities would be of interest to you and/or the family. Things like jig-saw puzzles, stamp and coin collecting, woodcraft, creative writing, home cooking may come to mind.
- **Consider activities that you enjoy** but can't fully engage in that are available online, such as concerts, online book clubs, theatre, sport etc.
- **Ensure that those people that it is important** you engage with you continue to do so. Review how this can be done remotely.
- **Review your current work-life balance** and identify what you need (not what others do or think you should do) to get as much life satisfaction in the current circumstances as is possible.



### Useful Resources

- Technology to keep socially connected
  - » Video calls to family & friends – Facetime, Viber, WhatsApp, Zoom, Messenger, House Party, Hangouts)
  - » Online groups (e.g. book club)
  - » Online games (e.g. words with friends, trivia nights)
  - » Virtual classes (e.g. exercise class, yoga, online art class, cooking class)
  - » DIY home projects
  - » Online courses to learn a new skill such as photo books, scrapbooking, creative writing or improving public speaking
  - » Connect with nature – learn about native plants, animals, flowers
  - » Dwell into history – research a particular era to learn about more about the things that may interest you
  - » Do a family tree – to trace ancestors
- There are a number of museums and art galleries across the globe that are providing online and virtual experiences. This comprehensive list has plenty of options to keep you busy - some of the highlights include:



### 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. You can still do this online.



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