



# **Coping with COVID-19**

**Dr Emma Richardson**

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# Manage COVID-19 Media Exposure

## Reputable Sources of Information:

World Health Organisation:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Australian Government, Department of Health:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Health Direct:

<https://www.healthdirect.gov.au/coronavirus>

# Maintain a Routine

## Scheduling!

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Leisure

Goal-Oriented

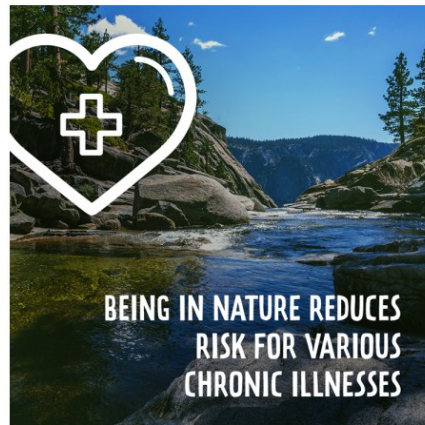
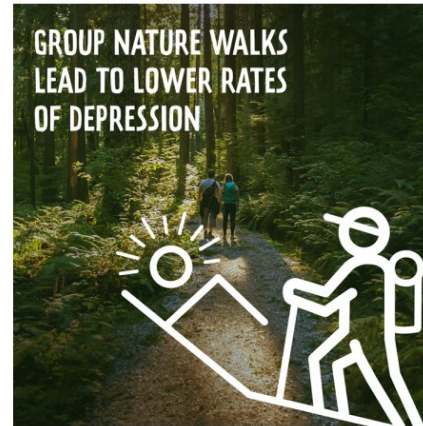
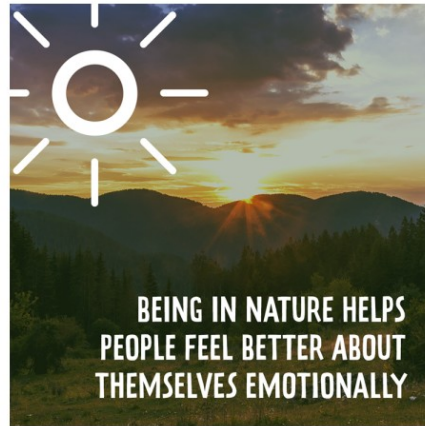
Routine

Social

# Dress to Impress



# Get Outside



# Get Moving

LIVELIGHTER<sup>®</sup>



## FACTS ABOUT PHYSICAL ACTIVITY



**1 IN 2**

Australians do enough moderate or vigorous intensity physical activity for good health.

### MOVEMENT IS THE BEST MEDICINE

Being active reduces your risk of heart disease, some cancers and type 2 diabetes. It also strengthens your muscles and bones, helps to maintain body weight and can reduce symptoms of depression.



To stay healthy, do strength exercises on at least

**2 DAYS EACH WEEK**

Calf raises, squats, push-ups, yoga, pilates and weights all count.



**SOME IS BETTER THAN NONE, AND MORE IS BETTER THAN LESS!**



### BOUNCE, PASS AND THROW!

People who participate in sports and organised recreational activities enjoy better mental health, are more alert, and less stressed.

### GET MOVING AFTER MEALS

Doing light-intensity activity like walking after you eat improves blood sugar control.



### WATCHING OVER 5 HOURS OF TV EACH DAY

is linked to weight gain and higher body fat, even if you are doing moderate exercise.



### GET ON THE HEALTH TRAIN

Using public transport can boost your physical activity level by around **12 to 15 minutes per day**, which is almost half way to meeting the minimum level recommended for good health!

For more information, visit [www.livellighter.com.au](http://www.livellighter.com.au)

### DID YOU KNOW?

Climbing stairs is a similar intensity to cycling or jogging, which uses around eight times the amount of energy the body uses when resting.



For good health, each week aim for:

**2h30min-5h**

of moderate physical activity; or

**1h15min-2h30min**

of vigorous physical activity;

**OR** an equivalent combination of both.

The more intense your activity, the greater the benefits!

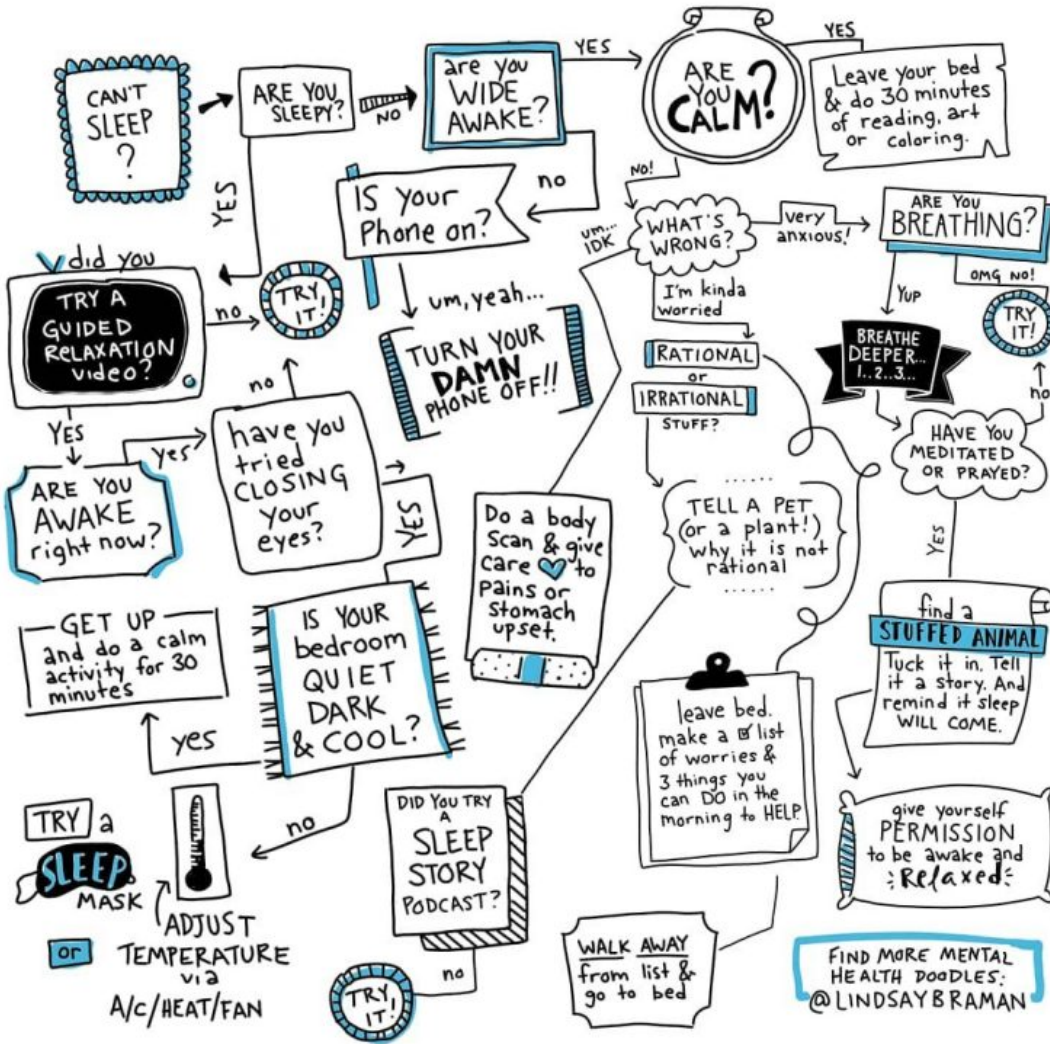
**SIT LESS 44%**



of Australian adults spend most of their day sitting.

Even if you meet physical activity guidelines, you should aim to break up long periods of sitting – as often as possible!

# Maintain Good Sleep



## 1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.



## 2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.



## 3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.



## 4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)



## 5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.



## 6 ONLY SLEEP AND INTIMACY

Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.



## 7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.

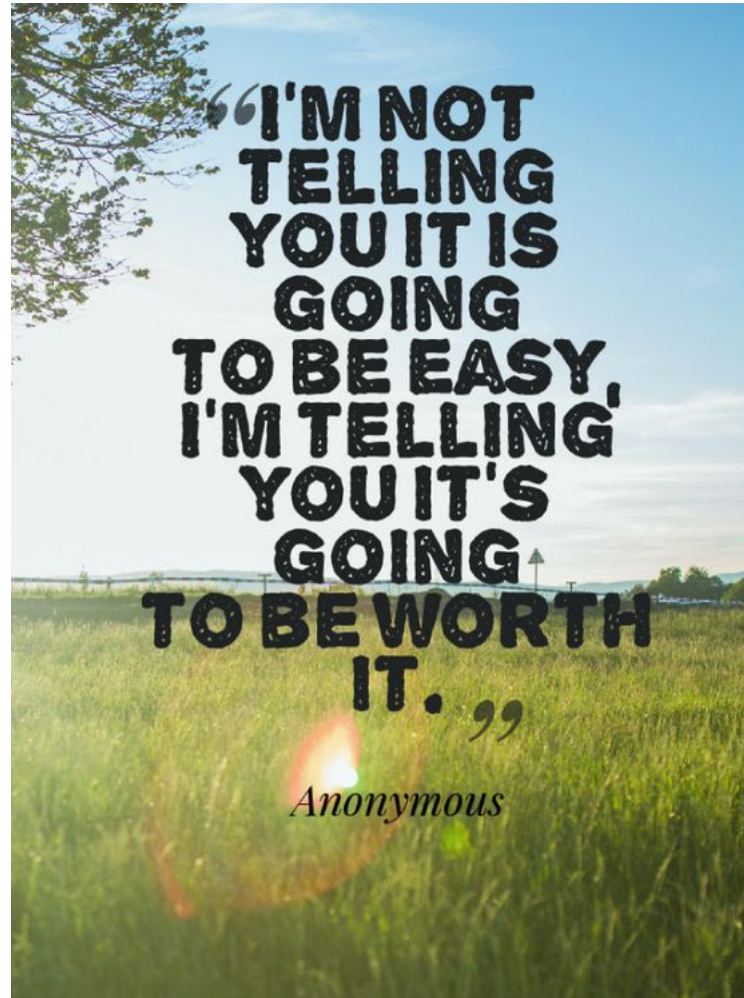


## 8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



# Avoid Substance Use





# Stay Nourished

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



## TOP 10 BENEFITS OF DRINKING WATER

- 1  INCREASE ENERGY & RELIEVES FATIGUE
- 2  LOSE WEIGHT & BOOST METABOLISM
- 3  FLUSH TOXINS
- 4  IMPROVES SKIN
- 5  MAKES YOU REGULAR
- 6  BOOST IMMUNE SYSTEM
- 7  HELPS HEADACHES
- 8  PREVENTS CRAMPS
- 9  BOOSTS MOOD
- 10  FIGHTS BAD BREATH

# Stay Connected

- FaceTime
- Facebook Messenger
- Zoom
- Skype
- Houseparty
- Netflix Party
- Email
- Telephone
- Text Message
- Letters





# Find Your Space



# Expect Children to Misbehave

## OUR DAILY ROUTINE

WAKE UP	MORNING	AFTERNOON	EVENING
 Make Bed <input type="checkbox"/>	 Inside Toy Time <input type="checkbox"/> <small>30 Minutes Fuzzies + Toys + Legos</small>	 Wash Hands <input type="checkbox"/>	 Dinner Time <input type="checkbox"/>
 Get Dressed <input type="checkbox"/>	 Cleanup Time <input type="checkbox"/>	 Lunch Time <input type="checkbox"/>	 Bath Time <input type="checkbox"/>
 Clothes in Hamper <input type="checkbox"/>	 Sensory Activity <input type="checkbox"/>	 Outing <input type="checkbox"/>	 Brush Teeth <input type="checkbox"/>
 Feed Fish <input type="checkbox"/>	 Water Plants <input type="checkbox"/>	 Walk / Bike <input type="checkbox"/>	 Clothes in Hamper <input type="checkbox"/>
 Eat Breakfast <input type="checkbox"/>	 Outside Toy Time <input type="checkbox"/> <small>30 Minutes Ballons + Jumpies + Chalk</small>	 TV Time <input type="checkbox"/>	 Put on Jammies <input type="checkbox"/>
 Take Vitamins <input type="checkbox"/>	 Story Time <input type="checkbox"/>		 Story Time <input type="checkbox"/>
 Brush Teeth <input type="checkbox"/>			 Bed Time <input type="checkbox"/>

# Focus on Attachment and Safety



## WHAT ACTIVITIES PROMOTE A SECURE INFANT CARER ATTACHMENT

### GENTLE TOUCH

Massage, Stroking, Tickling, Holding, kangaroo Care

### ATTENTION

Eye contact, Reading stories, Singing songs  
Copying, Talking to

### PRESENCE

Time together, Present through difficult emotions  
Attuned "I get you", Soothing, Family time

### SHARED JOY

Smiling, Praising, Play, Giggles, Games

## Provide a sense of safety:

- Stay calm (be a role model)
- Make time to talk
- Listen
- Validate their concerns and feelings
- Provide reassurance
- Offer love and affection
- Use age appropriate explanations
- Empower children to make healthy choices
- Maintain routine and structure
- Limit internet, television, social media

# Increase Playtime

## BENEFITS OF PLAY

### Bigger Brain Size Better Early Development

In studies using rats, playing leads to bigger brains. In human studies, playing enhances children's adjustment, language, and social and emotional stability by 33% to 67%.



### Smarter, Faster Learning And Better Memory

In one study, children offered toys in infancy have higher IQ at age 3 and again at age 4.5.

### More Creative

Free play enhances divergent thinking. Pretend play requires imagining and encourages creativity.



### Better Communication, Vocabulary And Language

Playing, especially pretend play, improves preschoolers' speaking and understanding.



### Greater Impulse Control And Emotion Regulation

Self-regulation is essential for a child's academic as well as social success. Kids who pretend play have better self-regulation skills.



### Greater Social Competence, More Empathy And Happier

Play provides opportunities for children to learn social interaction. Whilst playing together, children learn to cooperate, follow rules, develop self-control, and generally get along with other people.

Playful children are happier, better adjusted, more co-operative and more popular with their peers than those who play less.



### Better Health

Physical play activities benefit physical health, motor control, strength and endurance. Effective emotion control benefits mental health.



### Life Lesson Learning

Playing out life's problems can help children cope with the struggles in their own ways.

Play is also a useful tool for children to rehearse skills and future social roles in a safe context.

### Better Relationship

Playing is an excellent way to bond. Happy playful moments in children are some of the most precious gifts we can give our children.



# Validate Your Feelings

## VALIDATION

what is it?

- communicates to another person that his/her feelings, thoughts, and actions make sense and are understandable
- you can validate yourself by perceiving your own feelings, thoughts, and actions as accurate and acceptable
- validation does not mean agreement; it means that you understand where the other person is coming from

## WHAT?

should we validate

feelings  
thoughts  
behaviors

(in ourselves & others)

## WHY?

should we validate

improved relationships  
shows that:  
we are listening  
we understand  
we are nonjudgmental  
we care

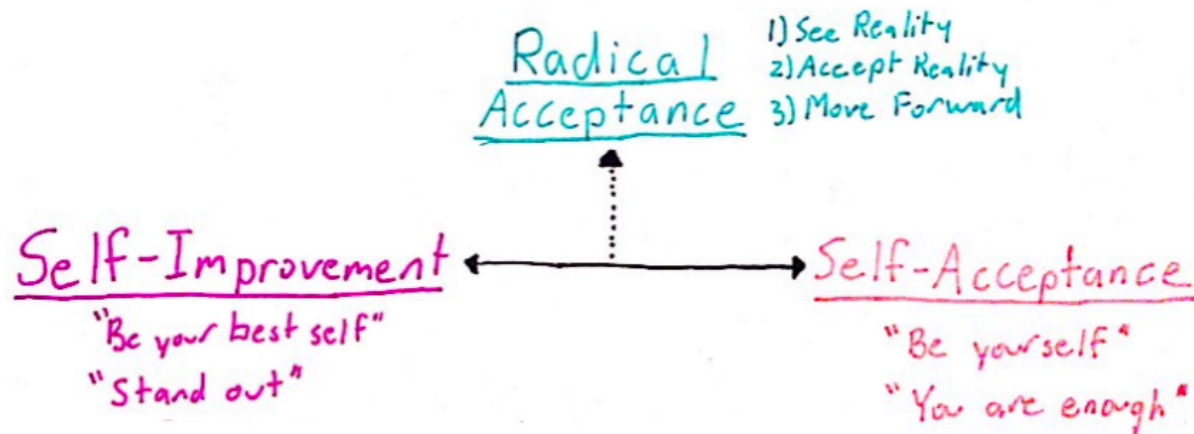
## Self validation

*Take myself seriously, be non judgmental, encourage and support myself, accept and take care of my vulnerability.*

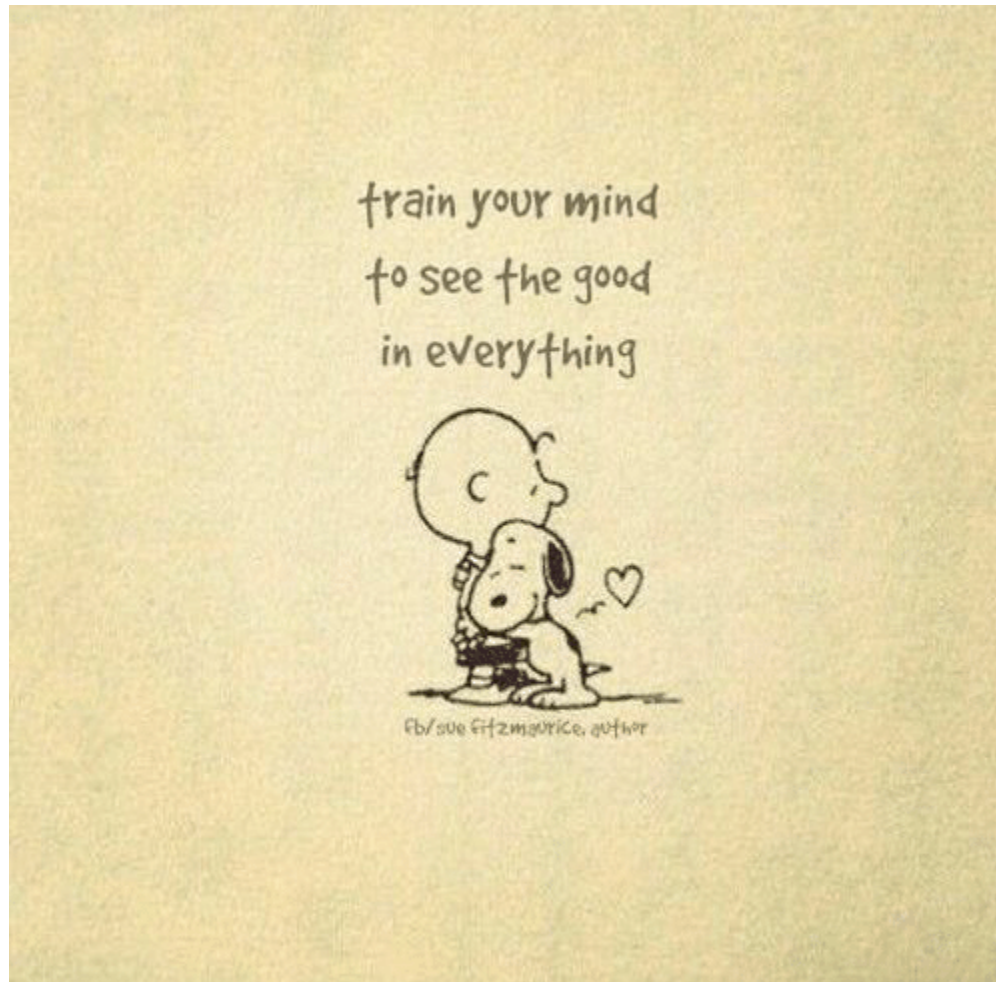
- Be interested in yourself! Discover how your body feels and what you are thinking and feeling right now.
- Accept without reservation that you think and feel as you do.
- Think of yourself, your thoughts and your emotions as if you were a friend of yours.
- Support yourself in your feelings, they are yours and you are entitled to have them.
- Do not focus on should and must-haves.
- Dont reevaluate (belittle, minimize, neglect or modify) your emotions when someone else feels or thinks differently.



# Practice Radical Self-Acceptance



# See the Good!



# Make Generous Assumptions

Assume that people are doing the best they can:  
“What is the most generous assumption I can make about this persons intentions or about what they have said or done”

Have self-compassion:  
“I’m doing the very best that I can right now”

I like you so much that when the zombie apocalypse comes, if you got a scratch, i'd give you the benefit of the doubt.



# Practice Gratitude

## Gratitude Game

Big Life Journal

**HOW TO PLAY:** Print and assemble the dice on page 2, or use your own. Roll one die or two dice and add up the numbers to match the sum with the prompt below. Take turns sharing what you are thankful for with your family and friends.

- 1 Name a **PERSON** you are thankful for
- 2 Name a **PLACE** you are thankful for
- 3 Name a **THING** you are thankful for
- 4 Name a **FOOD** you are thankful for
- 5 Name a **HOLIDAY** you are thankful for
- 6 Name a **SONG** you are thankful for
- 7 Name a **SKILL** you are thankful for
- 8 Name a **THING IN NATURE** you are thankful for
- 9 Name a **TRADITION** you are thankful for
- 10 Name a **SCENT** you are thankful for
- 11 Name a **GAME** you are thankful for
- 12 Name **ANYTHING** you are thankful for

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## I am grateful

Use the prompts below to identify what you are most grateful for in your life. When we write things down, we often feel more clear-headed and insightful.

Write as many answers as you can think of for each prompt.

I AM GRATEFUL FOR MY...

FAMILY BECAUSE...

---

---

FRIENDS BECAUSE...

---

---

CAREER BECAUSE...

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---

BODY BECAUSE...

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---

PAST BECAUSE...

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ABILITIES TO...

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ACCESS TO...

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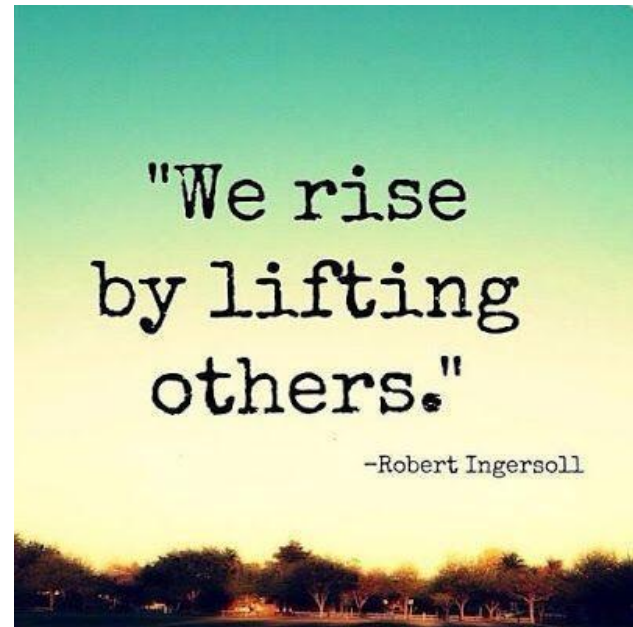
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LOVE OF...

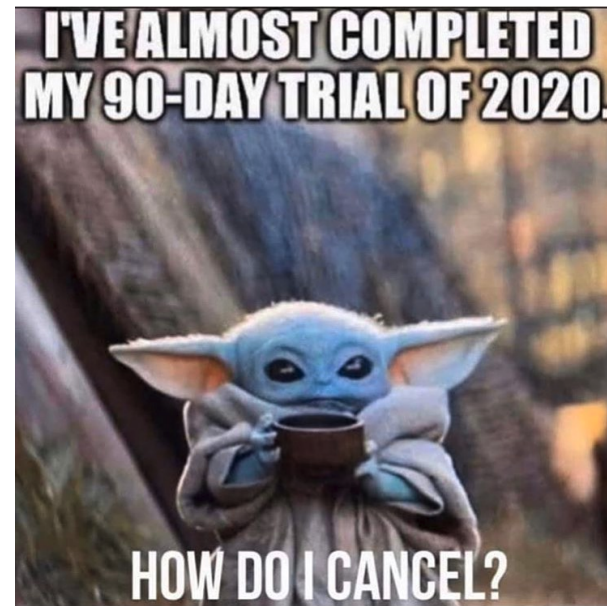
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# Help Others



# Find Lightness and Humour



## Five health benefits of laughter



Helps the heart by improving blood flow



Helps relieve pain by releasing endorphins



Eases feelings of depression and anxiety by reducing stress hormones



Helps burn calories by raising the heart rate



May help the immune system by boosting infection-fighting antibodies

# Accept Uncertainty



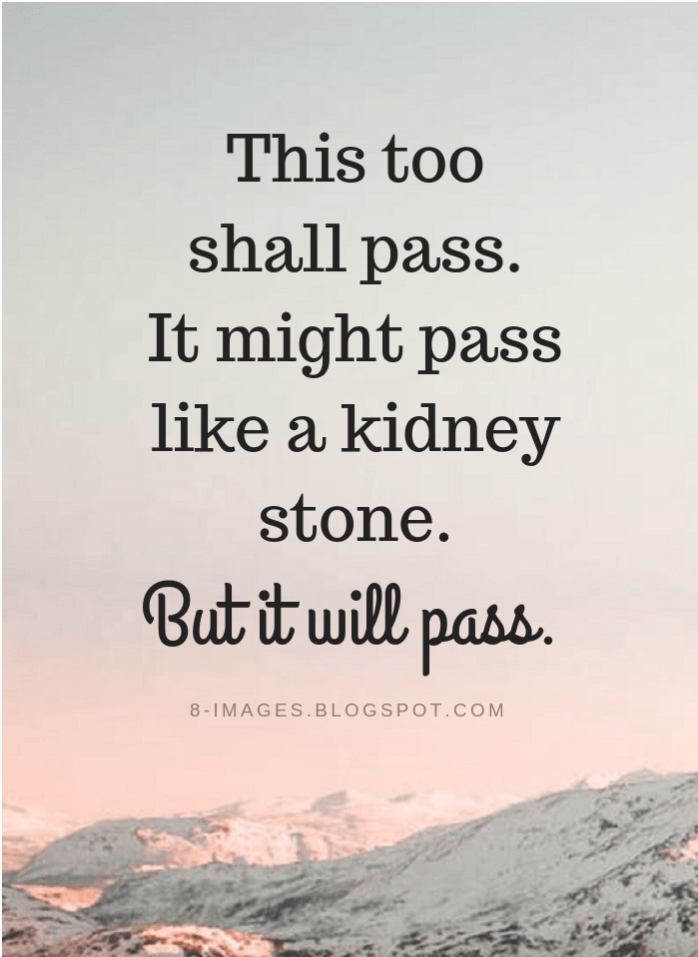
# Control What You Can



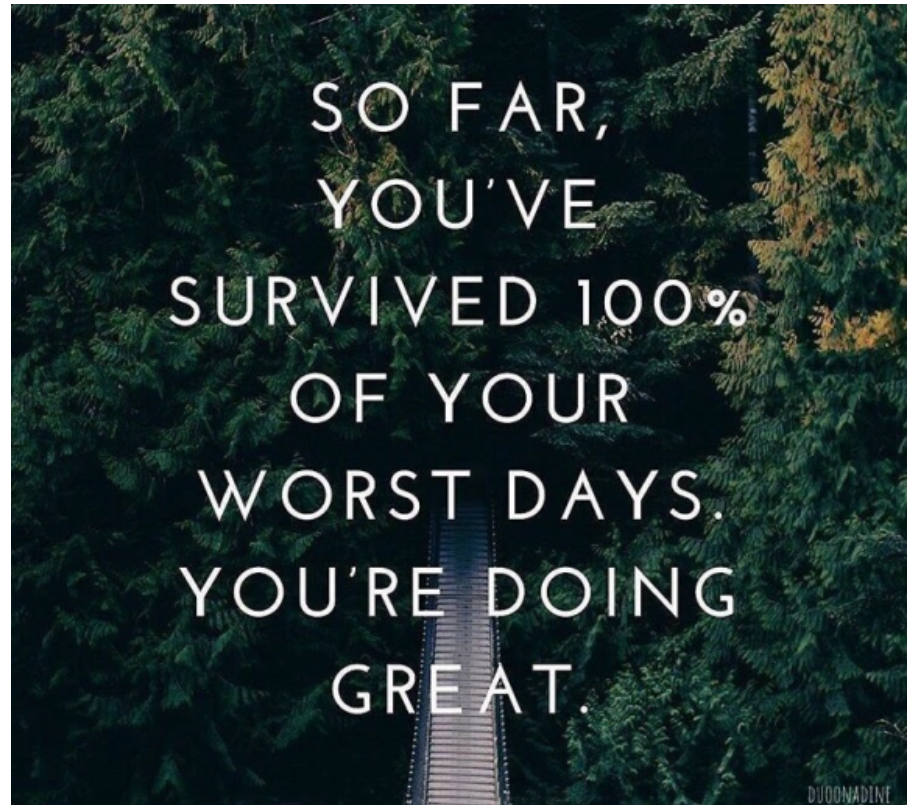
# This Too Shall Pass

This too  
shall pass.  
It might pass  
like a kidney  
stone.  
*But it will pass.*

8-IMAGES.BLOGSPOT.COM



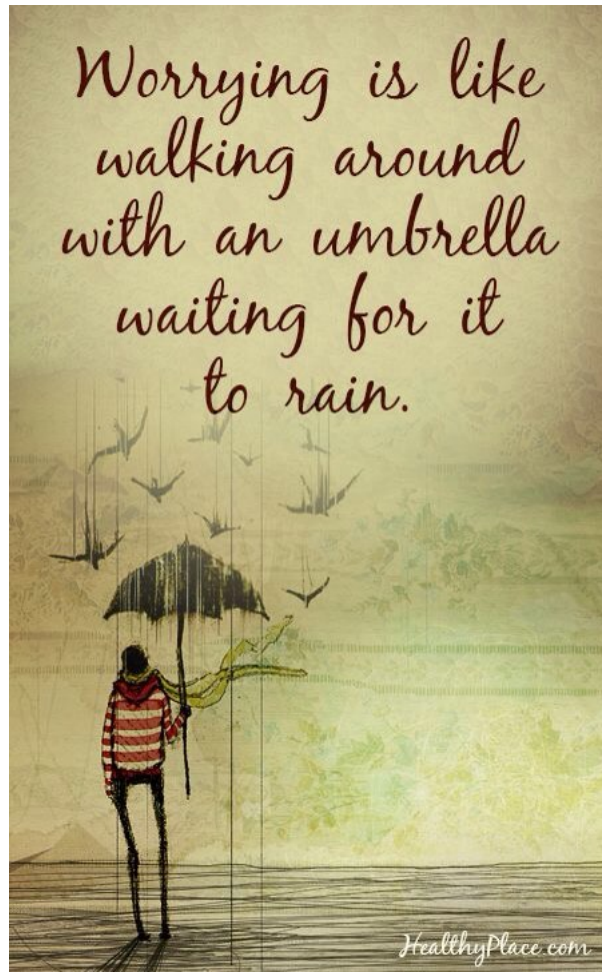
SO FAR,  
YOU'VE  
SURVIVED 100%  
OF YOUR  
WORST DAYS.  
YOU'RE DOING  
GREAT.



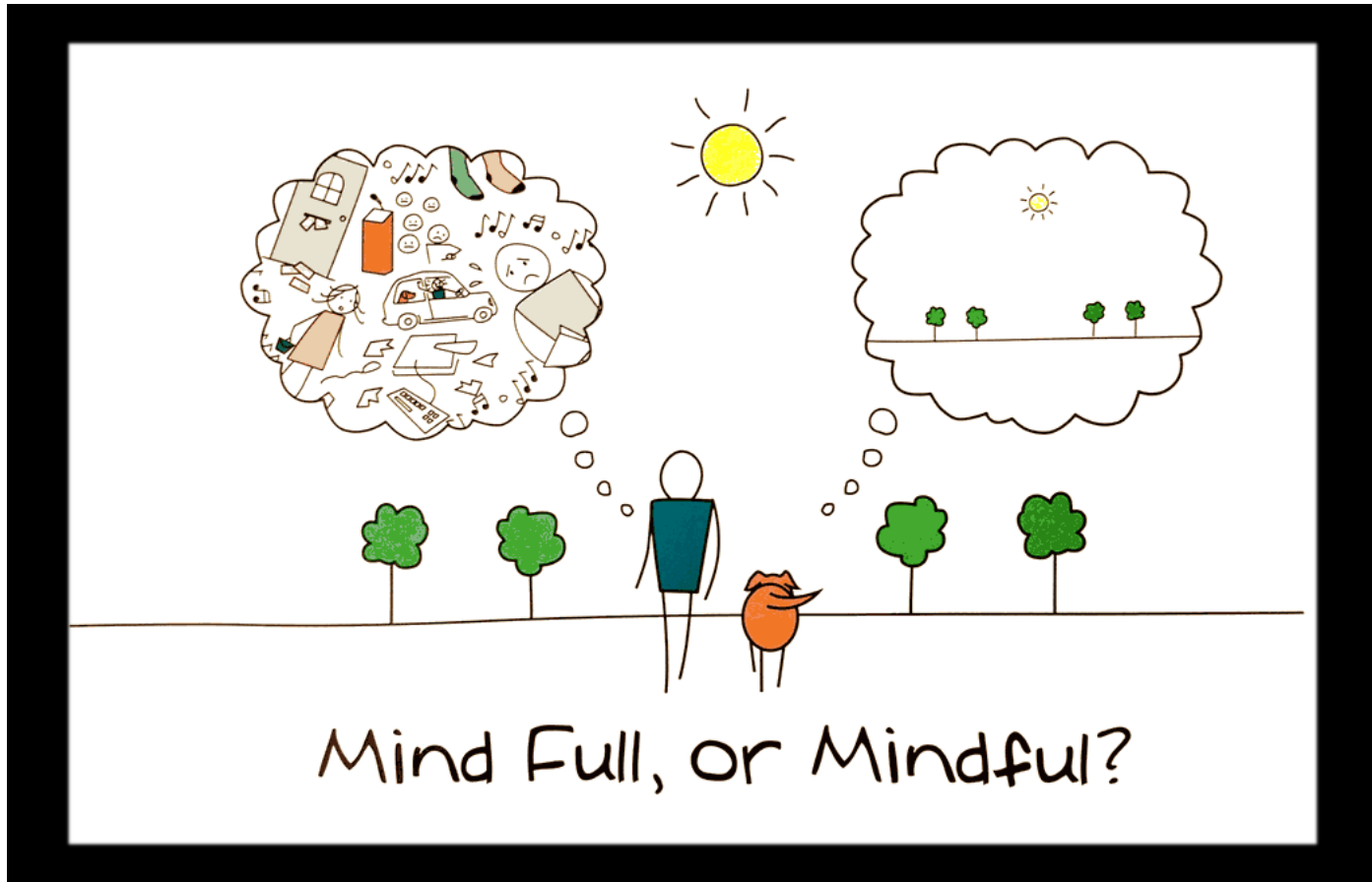
DUOMADINT



# One Day at a Time



# Be Present



# BREATHE



Every Little Cell:

<https://www.youtube.com/watch?v=IE6jnezy1MU>

# Engage in Repetitive Movements



# Find a Long-Term Project



**EASY CUBE ANIMALS**  
Free Crochet Pattern

by Crafty Bunny Bun



# Express Yourself!

**12 Benefits of Creativity**

- 1 Creativity is multi-disciplinary 
- 2 Creativity allows you to express yourself 
- 3 Creativity promotes thinking outside the box and problem-solving 
- 4 Creativity reduces stress and anxiety 
- 5 Creativity allows you to enter your happy zone and have fun! 
- 6 Creativity gives you a sense of purpose 
- 7 Creativity leads to feelings of accomplishment and pride 
- 8 Creativity can link you to others with the same passion 
- 9 Creativity improves your ability to focus 
- 10 Creativity promotes risk-taking & iteration 
- 11 Creativity is a pre-requisite for innovation 
- 12 Creativity encourages us to be life-long learners 

@sylviaaduckworth

"Creativity now is as important in education as literacy and we should treat it with the same status."  
- Ken Robinson



One of the most important lessons in life is learning to turn what seems like senseless pain and suffering into something meaningful for yourself and others.

— BRYANT MCGILL

# Find Meaning

There are always lessons to be found in the darkest moments. It's a moral obligation to dig deep and find that little glimmer of hope or pearl of wisdom.

Andrea Pirlo

# Ask for Help

## Where to get help:

- Family/friends
- Children's Teachers
- AOD Worker
- GP/Doctor
- Mental Health Care Plan
- Psychologist/Counsellor/Psychiatrist
- Support Groups:
  - 24/7 and Zoom AA/NA Meetings
  - Southern Tasmania Community Group (Facebook)
- Lifeline: 13 11 14
- Beyond Blue: 1300 22 4636
- Kids Helpline: 1800 55 1800
- Family Violence Support: 1800 737 732

**BE STRONG ENOUGH  
TO STAND ALONE,  
SMART ENOUGH TO  
KNOW WHEN YOU  
NEED HELP, AND  
BRAVE ENOUGH TO  
ASK FOR IT.**