

COVID-19 MENTAL HEALTH CHECKLIST

HOW TO
ADJUST TO
CHANGE



ELEMENTA
PSYCHOLOGY

Are you struggling to adapt to life as a result of the coronavirus?

- **Prolonged isolation**
- **Disruption to routine**
- **Over-crowded homes**
- **Increased anxiety**
- **Depression**
- **Financial hardships**
- **Strained relationships**

Do any of these sound familiar?

With so many emotional obstacles to overcome it is easy to feel disconnected and lost.

However millions of people are feeling the same way you are right now. You are not alone. We are all dealing with loss - even if it is just the loss of the life we previously knew.

So it is important to understand whether you are capable of adjusting to meet the demands of a changing world, or if you would benefit from experienced support.

This checklist was created to help you decide whether or not further support is needed - and how to access that support.

Are you handling COVID-19 anxiety?

Coronavirus has changed life for all of us.



The Coronavirus has changed life for us all.

You may have already been affected by the coronavirus or know someone who has. Or you may be bracing yourself for the future impact of COVID-19.

It is natural to see each headline and think “How can I possibly cope?”

While it is important to stay informed, you should utilise the following mental health and wellness tips to look after yourself and your loved ones.

It is important to remember that it is completely normal to feel sad, anxious, worried, lonely and overwhelmed.

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However, you should be on the lookout for the following signs:

- Troubled sleeping
 - Feeling helpless
 - Social withdrawals
 - Anxiety, worry or panic
 - Fear of other people
 - Catastrophising
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If you feel like you cannot adjust, it may be beneficial to reach out to a mental health specialist.

Action Steps

Be Mindful & Self Aware: Uncertainty can bring on anxiety. Focus on what you can control.

Keep Some Normalcy: Routine will help you feel less anxious. This is especially true for children.

Seek Professional Help: You do not have to go through this once in a lifetime event alone.



Are you adjusting to working from home?

Working from home can be more of a challenge than many people believe.

A white question mark is centered within a solid orange square.

You are not alone in feeling out of sync and unable to adjust. Even the most organised, motivated and structured person will feel anxious.

To ensure the smoothest transition possible, focus on creating a structure around your role.

When working from home you face two unique challenges.

- a). Lack of productivity**
- b). Burn out**

Either of these outcomes has the potential to place undue pressure on yourself and your relationships.

Try using the following 3 strategies while working from home:

1). Stick To Your Work Hours

Find a comfortable place at home without distractions and arrive as if you were arriving at work. Try and minimise distractions throughout the day.

2). Stay Connected

With video conferencing tools like Zoom and Skype you should maintain contact with your workmates.

3). Ask For Help

Don't be afraid to ask for help. This could be support from your employer. Support from friends and family. Or professional support with psychologists who understand COVID-19 anxiety.

Action Steps

Be Realistic: Don't place too much pressure on yourself as you settle into your new routine.

Maintain Work-Life Balance: Avoid burnout by turning off technology and making time for yourself outside work hours.

Monitor Your Mental Health: Be aware if you experience increased frustration, mood swings, anxiety or irritability.



Are you adjusting to social distancing and being away from support?

Decreased social contact can lead to increased feelings of isolation and anxiety.



These feelings can impact your physical and mental health unless addressed.

‘Social Distancing’ requires physical distance to slow the spread of the virus. It does not stop you from staying socially connected.

Staying socially connected should be your first step towards reducing the anxiety caused by isolation.

Traditional modes of contact have been paused. But you can stay in touch with friends and family using technology.

This could include:

- Phone Calls
- Video Calls
- Text messages
- Video Messages
- Online communities.

Be wary of social media. Social media may create the illusion of connectivity but can actually create feelings of distance.

Action Steps

Stay busy: It's easy to catastrophise right now. Focus on a hobby or pastime or instead.

Practice Coping Strategies: Use breathing techniques, mindfulness and grounding to maintain mental health.

Make Time For Yourself: Self-care is crucial. Take time out for yourself to reduce anxiety.



Are you adjusting to moving the kids to online learning?

Online learning presents new challenges for your family.



Change in routine can result in anxiety for parents and children. It's important to access the support you need to adjust.

Your children look to you for emotional guidance. Model resilience and joy to guide them towards a sense of normality.

If you feel overwhelmed by the added responsibility on your shoulders, focus on what you can do rather than what you can't.

This may include the creation of a daily routine to mimic school routine. Older children will be able to meet a timetabled day of online learning. While younger children can be encouraged to meet a simplified schedule.

Children thrive on structure. It helps them and gives you direction to fall back on in this hard time.

Use the following tips to adjust to online learning:

- Make a space for learning
- Limit distractions
- Encourage socialisation via video chat
- Encourage physical activity
- Treat online school the same as physical school

Take care of yourself as a parent or carer.

This means eating well, getting enough sleep, and finding time to do the things that bring you joy.

Getting this balance right will help everyone in the family adjust.

Action Steps

Don't Enter Holiday Mode: Your children may treat this time as a vacation. Emphasise routine and education to minimise disruption.

Share Your Feelings: Encourage your children to verbalise how they feel and ask questions.

Make Time For Yourself: Trust online learning tools and remember to take time for yourself if you feel overwhelmed.



Are you managing your relationship dynamics in isolation?

Your relationships will play a major role in helping you navigate the challenges brought on by the coronavirus.

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However, isolation, social-distancing and financial anxiety can also place a huge strain on relationships. It's important to reduce tension and prevent conflict as a result.

Avoid making assumptions about how your partner is coping. It is easy to assume your partner feels the same emotions as you. However, this can lead to resentment if your assumptions may be built on false pretenses.

Be aware that maintaining an open dialogue may be challenging when you feel anxious.

Clear lines of communication will help provide the space and support - you both need.

It is okay to acknowledge that these are testing times. Verbalising that you feel added relationship pressure is not a sign of weakness or defeat.

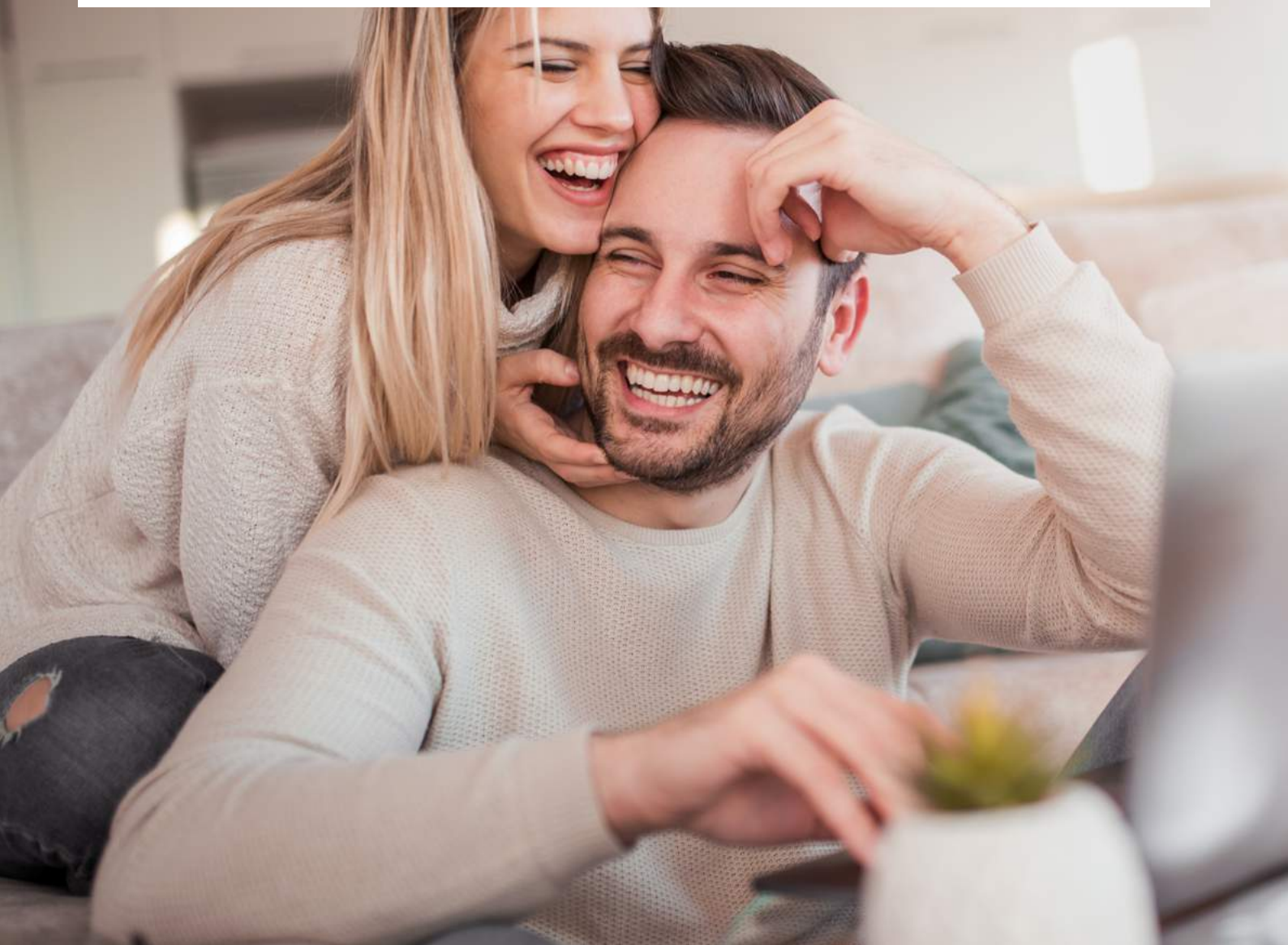
If you do feel as though your relationship is at risk or you are struggling to adjust, it may be time to seek experienced professional support.

Action Steps

Be Intentional With Time: Be clear about 'work' time and 'personal' time. Set clear boundaries for the time you spend together.

Ask For Space: It's normal to need alone time. Take time to focus on hobbies or take turns to care for children in your home.

Be Kind: Remember that everyone feels the strain of COVID-19, from children to romantic partners and family members.



Are you consuming news and information without being overwhelmed?

The speed at which coronavirus news comes to light can give anyone emotional whiplash.

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If you feel overwhelmed at the news, there are ways to reduce the emotional impact without ignoring the need for information completely.

Try and refocus the way you perceive COVID-19 news. See the virus as a challenge to be overcome instead of a threat. This will help you move away from fear and towards a sense of togetherness.

- Social distancing
- Increased hygiene
- Changed working routines

These become sacrifices for a shared goal. This can help reduce the sense of fear and dread when consuming COVID-19 news.

When you see something as a challenge it is easier to rise to the occasion - rather than trying to retreat from a threat.

Focus on limiting your intake of news to sources you trust.

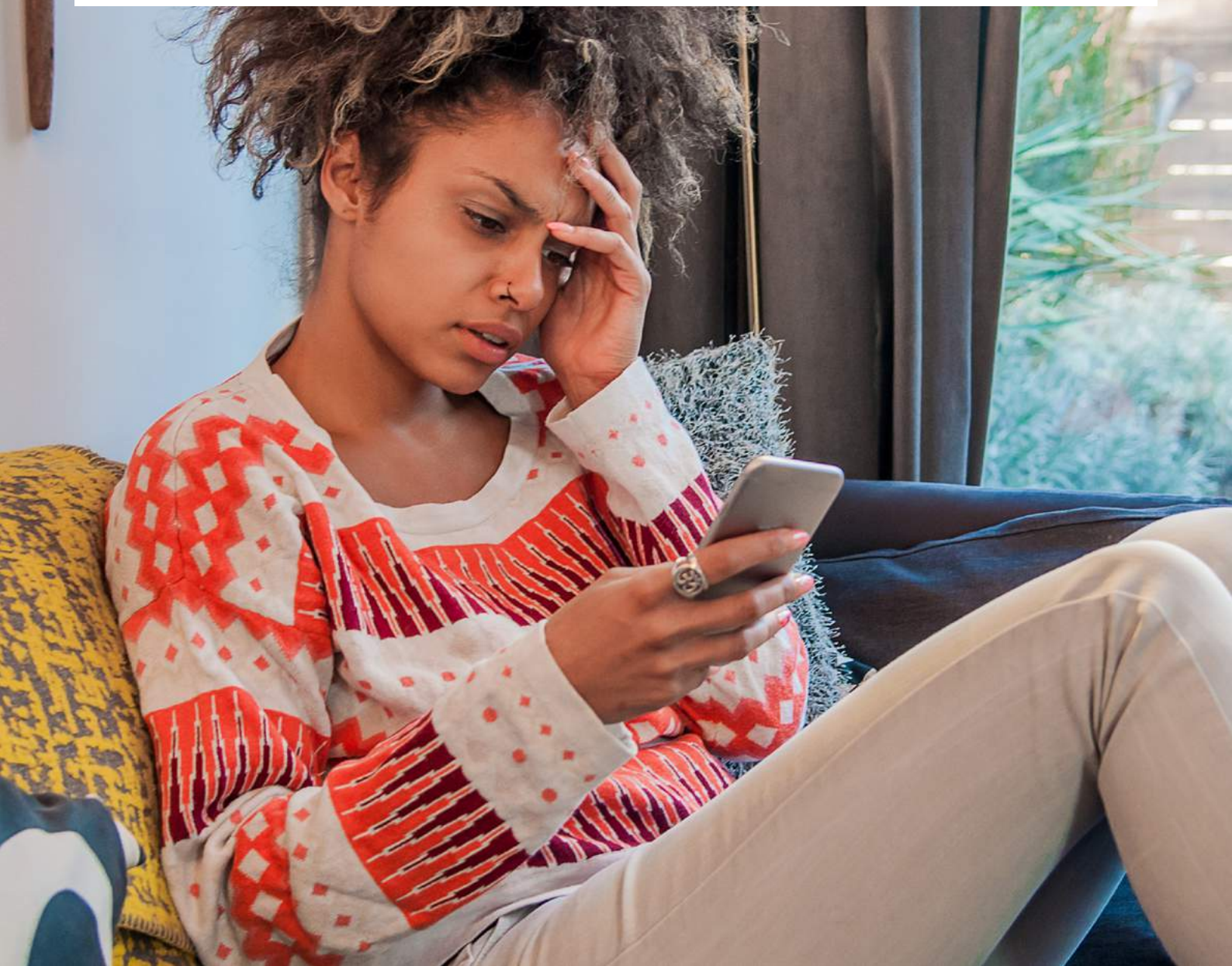
Avoid using social media.
Focus on Government
and health official
recommendations instead.

Action Steps

Limit Your Sources: Read news updates at set times (once or twice a day). Avoid social media as a news source.

Ask For Space: Speaking to others about your concerns can help reduce feelings of helplessness.

Be Kind: Anxiety can be exacerbated when worrying about the future. Focus on the now.



Are you managing finance anxiety?

The economic impact of COVID-19 has been sudden, making it difficult to adjust to new financial pressures.



This can result in feelings of anxiety if your income has been disrupted, you've lost your job, or your partner has lost their job. While this feeling is scary, it is important to acknowledge what you are feeling.

The first stage on the journey to overcoming financial anxiety is to accept what has happened.

Remember that emotions are temporary. Ground yourself in the present to look for immediate solutions.

These may involve financial support, finding alternative sources of income, creating a revised budget or cutting down on expenses.

Financial stress has been linked to poorer mental health, so it's important you seek support if you feel unable to cope.

Action Steps

Practice Positive Self-Care: Your coping strategies (gym, friends, exercise) may be limited so focus on eating well, getting enough sleep and taking care of your body.

Prioritise Payments: Take care of your basic needs first - food, shelter, utilities. Develop a list of priority payments

Seek Emotional Support: If you're struggling with anxiety and sadness it can be helpful to speak with a professional.



Are you feeling anxious, overwhelmed or struggling to adjust?

- State of the art online telehealth software
- Endorsed by the Australian government
- Meeting the highest levels of security, privacy and stability

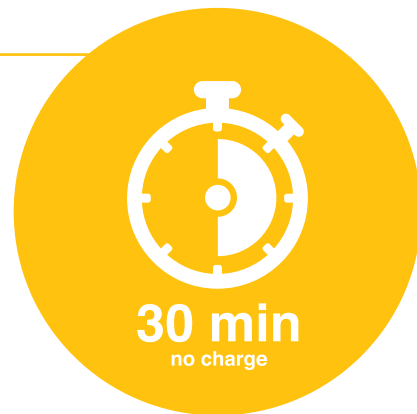
The team at Elementa are able to provide quality face-to-face psychological therapy with their team of Clinical Psychologists.



Change doesn't have to be confronting.

Feelings of worry are natural after a stressful event such as the coronavirus.

This support is provided to reduce the chance that your stress develops into severe anxiety and panic.



We're committed to guiding you towards positive, lasting change with a **30 MINUTE ASSESSMENT AT NO EXTRA CHARGE.**

**CLAIM MY FREE INITIAL
30-MINUTE CONSULTATION**

We're here to support. all Australians and English speaking expats around the world who have been separated from loved ones and may be feeling scared, isolated and alone.

