**Coping with Coronavirus (COVID-19)**

This is designed to help young people deal with the natural stress and anxiety about COVI-19 that is happening now. Things are changing day-to-day and there is a lot of things that are out of your control. Feeling this way is really normal. Here are a few things that you can do to help yourself during this challenging time.

**Ways to help your stress**

***Spend time with others***

This is a great opportunity to spend quality time with the people that you live with. It is important to keep social connections strong to prevent further isolation and loneliness. It may be a great time to get to know more about those around you and spend time doing things that you all enjoy.

***Do something fun***

This is a great time to get back into the activities that you find fun and enjoyable. Choose activities that can help distract you or keep you stimulated. Try and find activities that you can do with others to prevent feelings of loneliness. Some ideas are Kahoots, board games, card games, cooking, backyard sporting activities, building and constructing things, movie night and ‘dance-offs’. Try and engage in non-digital activities for a portion of the day.

***Do something physical***

Exercise releases chemicals called endorphins. These are known as “feel good chemicals” that trigger positive feelings in your brain. You can take a walk around neighborhood, do YouTube yoga or high intensity activities, play with your pets outside and use interactive gaming e.g. Wii Dance, Just Dance (You Tube/PS4/X box)



***Do something relaxing***

It is a really important time do things that make you feel relaxed and calm. Some calming activities include puzzles, reading, watching TV, listening to audiobooks, colouring, writing in a journal, mindfulness and meditation apps e.g. ‘smiling minds’, ‘Headspace’. You may also want to have a relaxing bath and listen to gentle music.

***Practice gratitude***

Research shows us that practicing gratitude can improve psychological health, reduce toxic emotions and increase empathy. Take a few minutes each day to write down or share with someone 3 things that you are grateful for. These can be little things or things that you value.

***Practice good self-care and maintain a routine***

It is very important when your usual occupations have ceased, to continue a regular routine of self-care and activity. Make a schedule for your day and have regular wake and sleep times. Ensure you are eating at regular intervals and keeping up your water intake. It is still crucial that you keep showering and brushing your teeth every day.

***Read news from trustworthy sources***

Avoid media outlets that build hype and dwell on things that can’t be controlled.

Consider finding out the latest information from the following sources:

 Covid19data.com.au

 Dhhs.vic.gov.au/Victorian-public-coronavirus-disease-covid-19

 Www.who.int/emergencies/diseases/novel-coronavirus-2019

 ***Set limits on your media consumption***

Limit your media consumption to a certain time-frame or certain number of articles to reduce making your anxious feelings worse.

**Need help with your mental health?**

**During School terms:**

**Contact CMC Wellbeing counsellors at the following email addresses:**

coolockcounsellors@cmc.vic.edu.au

stmaryscounsellors@cmc.vic.edu.au

**During school holidays and afterhours contacts:**

**Make a GP appointment with your local doctor**

**Headspace:** Bendigo call (03) 5406 1400 or access eheadspace online counselling at <https://headspace.org.au/eheadspace/>

**Kids Helpline**- phone chat call 1800 55 1800 on or for a webchat or email counselling go to <http://kidshelpline.com.au>

**Lifeline-** 24 hour crisis support call 131114

**Bendigo Health Psychiatric Triage:** 24 hours, 7 days on 1300 363 788

**My Coronavirus Plan**

Three goals that I would like to achieve when in Quarantine

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The things I commit to doing each day to help look after myself and my mental health

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**How can I make this better?**

If you identify a problem or worry, what can you do to overcome the issue?

1. **Identify the problem**

e.g. I miss my friends

1. **Generate ideas to solve the problem**

e.g. Facetime my friends, call them, watch the same show then call them about it

1. **Choose 2 ideas to try and solve the problem**

e.g. Make a daily check-in time, write them a letter or email

1. **Give them a go!**

**My support people when I am struggling:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_