

# MANAGING

## Coronavirus anxiety



### #1

#### ACCESS QUALITY INFORMATION (TAKE A SOCIAL MEDIA BREAK)

Don't immerse yourself in news about the coronavirus 24/7. Stay up to date using credible sources as this will help you maintain perspective and feel more in control

[World Health Organization – coronavirus disease \(COVID-19\) outbreak](#)

[Australian Government coronavirus \(COVID-19\) health alert](#)  
[smartraveller.gov.au – travel information for Australian citizens](#)

### #2

#### WASH YOUR HANDS FREQUENTLY

It's something that will actually lower your risk of getting sick. Learn how to [do it properly](#): for a full 20 seconds using warm water and soap. Remember that this simple and accessible practice is one of the most effective in reducing transmission

### #3

#### PRACTICE GOOD SELF CARE

Get plenty of nutrients by eating fruits and vegetables, exercise regularly, turn on some music, do something you enjoy and get enough sleep. "We know that sleep has a direct impact on the immune system ...if you're sleep deprived, your immune system is compromised,"

### #4

#### TAKE SENSIBLE STEPS TO PREPARE

There's definitely reason to take precaution, so being [adequately prepared](#) will provide peace of mind. Have you got some basic food supplies on hand?

- Have you got up to date phone numbers for friends family and loved ones?
- Do you have a 2 week supply of medications or medical supplies that you require for illness or injury,
- Do you have a list of services and supports in your local community.?

### #5

#### GO FOR A WALK OUTSIDE

Time spent in nature, or even just outdoors is [soothing for the mind and body](#). Take a stroll. Take a deep breath,"

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#6

## ACKNOWLEDGE YOUR ANXIETY

It's generally unhelpful to tell a highly-anxious person to just stop feeling anxious, Instead — whether it's coronavirus or another panic-provoking situation — it's useful to just acknowledge the anxiety and work through it. "Name it to tame it" is a mantra in mental health for big emotions.

#7

## WRITE DOWN YOUR WORRIES

Seeing the words on paper or on a screen may stop you from spinning yourself into a frenzy. What are you catastrophizing? Write down the things you find yourself thinking and reflect on them. Challenge your own thinking to get it more in balance and reasonable,

#8

## SEND LOVE TO THE PEOPLE YOU CARE ABOUT

Put together a text message chain or email chain with family on it — that way you can have it set up before it feels like an emergency situation and easily communicate with your loved ones. We're definitely not in this alone and reaching out to loved ones feels good for both us and them!

#9

## RESURRECT AN OLD HOME HOBBY

Dig out an old jigsaw puzzle, resurrect the incomplete knitting from last winter, take up crosswords or weed the garden and plant the seeds you've been storing in the back of the cupboard to get to "some day". Finding your happy space at home will help occupy your time and mind, and potentially give a feeling of control and accomplishment

#10

## TRY TO MAINTAIN PERSPECTIVE



While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

**Gailes Community House**  
Silhouettes of a family consisting of two adults and two children, all holding hands in a line.

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