

COVID 19: WHAT TO DO IF YOU ARE CONCERNED

Prepared by HSE Heads of Psychology Services 06/03/2020

TOPICS COVERED

- Protecting yourself from Covid-19
- How we might be affected emotionally.
- How to manage worry.
- Ways of managing worry: breathing exercises.



COVID 19 - WHAT TO DO IF YOU ARE CONCERNED

- Follow public health guidelines and check the HSE Websites (www.hse.ie/coronavirus or www.HPSC.ie) for information and regular updates relating to COVID-19 in Ireland.
- Wash hands properly and regularly.
- Cover your mouth and nose with a tissue or sleeve when coughing and sneezing.
- Put used tissues into a bin and wash hands.
- Avoid people who are coughing and sneezing, where possible.
- Clean and disinfect frequently touched objects and surfaces.
- Follow the travel advice from the Department of Foreign Affairs.

HOW WE MIGHT BE AFFECTED EMOTIONALLY:

With Covid 19, we are all experiencing a new and challenging event. We may find ourselves worried to some extent (some more, some less). Not everybody will experience it in the same way. It is the uncertainty and absence of control that generates fear. Our responses will be a normal reaction to something we are not used to. This response is likely to be a part in our lives for the next days/weeks. In time, it will pass.

You may notice some of the following:

- Feeling on edge more than you are accustomed to. Finding yourself checking for symptoms (both in yourself and others).
- Becoming irritable more easily.
- You may feel insecure and it may even be a little difficult to settle yourself.
- Fearing that normal aches and pains might be the virus.
- Have difficulties sleeping.
- Find it difficult to stop thinking of the worst.

HOW TO MANAGE WORRY

1. Social Media and Facts:

Keep in mind that a lot of what is on social media is opinion and not fact. On social media, people may be talking about their worries and beliefs – you do not need to make them yours. Too much time on social media may only be increasing worries; you could consider limiting social media usage and just check the HSE websites for information.

A lot of the information we are receiving is coming from a global perspective: it is best for us to refer to what is happening in our own country and locality.

When we are worried, we can often focus on worst case scenarios: it is best to focus on facts. If you are concerned about something, it is best to check to see if it is factual. Fear can be very contagious so the challenge is to get a balanced view.

2. Managing what is within our control:

Feeling worried is a normal reaction to something that feels threatening. We are human beings and, when we feel under threat, our survival instincts kick in so we might spend time thinking about dangers. The key is to accept these thoughts as a normal response and let them pass. You may find yourself blaming others for the situation and, while this may be natural, it is also unfair and could risk stigmatising people. Facing any risk and keeping it in perspective will be helpful. Each year we face the risks from influenza and other transmissible diseases; for most of us, we have become used to this and carry on as normal.

If it becomes necessary, making a plan to prepare for the needs of our families will help us to 'park' the worries and get back to what we are doing in the present moment.

If advised by the HSE, taking any necessary steps will help us to feel responsible and more in control. We will know that we are doing our best to look after ourselves, our families and friends, and our community.

3. Take a Breath:

Practicing a breathing exercise will help to soothe the body and become more settled. See the breathing exercises overleaf.

4. Staying in the present moment:

What do you normally do for relaxation? If possible, it would be good to do the things that help you relax (e.g. walk, read a book). If you have experience of mindfulness, yoga or pilates, these can be used to help relax the body. Mindfulness simply means focusing closely on the present moment.

5. Keeping routines and good self-care:

- It's best to maintain a normal routine and regular structure in your life as far as possible and in line with HSE advice.
- It's best to talk about concerns to family and friends.
- Try to avoid excess alcohol, recreational drugs, caffeine, nicotine.
- Aim to balance activity with rest as best as possible.
- It is important to get enough sleep.
- Try to eat regular healthy meals.
- If possible, it would be good to find a way to engage in activities that are fun.

WAYS OF MANAGING WORRY: BREATHING EXERCISES

Try these breathing exercises and see which works best for you:

Deep, slow breaths: Inhale through the nose fully right down into the bottom of your lungs and exhale through the mouth (repeat 2-3 times and return to your normal breath).

'Tension Down' exercise: Stand or sit with feet firmly on the floor. Inhale through the nose and, as you do, notice any tension you have in your body. Imagine that you are 'picking up this tension' as you breathe in. Exhale through your nose and slowly breathe out saying 'tension down'. Imagine the tension flowing down through your body, through your feet, out of the room and far away. You can repeat the 'Tension Down' exercise once or twice at a time and then return to your normal breath. Any time you notice yourself becoming tense, repeat the exercise.

Breathing out for longer: Inhale through the nose to a count of 1,2,3,4. Exhale through the mouth for a count of 1,2,3,4,5,6. Repeat these steps for a minute or two, working at whatever pace is comfortable for you. When you are used to the practice, you can stop the counting, so long as the out-breath is a little longer than the in-breath. Return to your own natural breath.



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