



COVID-19

SUPPORT FOR:

Families

Parents

Youth

Friends

Athletes

MENTAL HEALTH ADVICE TO COPE WITH COVID-19



31 De-stressing tips for Mental Health Awareness Month

To view the full article and for other resources or support visit: <http://www.wjcs.com/>

1. Stick to a schedule.
2. Take some time to exercise every day.
3. Get some fresh air.
4. Reach out to others.
5. Call people who are alone.
6. Eat healthfully.
7. Try a new recipe.
8. Breathe deeply.
9. Feel your emotions.
10. Learn a new language.
11. Be mindful.
12. Practice self-compassion.
13. Focus on what you can control.
14. Smile.
15. Make time for yourself.
16. Practice gratitude.
17. Modulate how much news you watch and read.
18. Read a good book.
19. Go places...virtually.
20. Enjoy the small things in life.
21. Listen to music.
22. Laugh.
23. Play board or card games.
24. Watch a movie.
25. Drink water.
26. Look at your photos.
27. Tend to your plants.
28. Learn something new.
29. De-clutter.
30. Schedule a virtual movie and/or game night.
31. Express your love.

How to **SUPPORT A LOVED ONE** Going Through a Tough Time During **COVID-19**

- 1 Treat the person with **respect** and **dignity**.
- 2 Offer consistent emotional **support** and **understanding**.
- 3 Have realistic **expectations**.
- 4 Give the person **hope**.
- 5 Provide practical **help**.
- 6 Offer **information**.



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*Information provided in the Mental Health First Aid curriculum. *Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.



HOW TO CARE FOR YOURSELF WHILE PRACTICING

PHYSICAL DISTANCING

EAT HEALTHFULLY

to keep your body in top working order.

EXERCISE

Workout at home or take a solo jog around the neighborhood.

PRACTICE RELAXATION THERAPY

Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.

LET LIGHT IN

Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.

BE KIND TO YOURSELF

Treat yourself with the same compassion you would a friend.

STAY CONNECTED

Stay connected to loved ones with phone calls, text messages, video chats and social media.

MONITOR MEDIA CONSUMPTION

Balance media consumption with other activities you enjoy.

LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)

*Information provided in the Mental Health First Aid curriculum. *Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.



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10 WAYS FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH

TIPS AND ADVICE



Regularly check in with each other by asking simple questions (E.g how are you feeling today?)

1



Don't be afraid to talk openly about your mental health

2



Support and listen genuinely to each other. Care for each others feelings and emotions

3



Be a positive role model. Practice self care among your family members

4



Schedule in some family time to relax and take care of your mental health

5



Stay in touch with each other. A text or email can go a long way

6



Show your family member that you are there for them

7



Take time to understand what it is your family member is going through

8



Be patient. Don't criticise and be aware of how you talk to your family member. Encourage and support.

9



Tell them that you are proud of them for talking about their mental health

10



8 MENTAL HEALTH ACTIVITIES TO WORK ON MENTAL FITNESS WITH YOUR FAMILY

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Each night before bed sit down with your family and identify 3 good things that you have all achieved each day. This is great way for boosting mood



Work with your family to identify each of your strengths and how you can use them in the coming weeks



Each morning when you wake up engage in some imagery. Close your eyes and as a family imagine yourselves being in a happy and relaxing place. A simple tool to help you relax



Allocate some time every day where you can all talk about what you are thinking and how you are feeling



As a family work together to effectively problem solve. Come up with all the solutions to a problem and put an action plan in place to overcome any worries you might have



As a family schedule time into your week where you can all do things that provide you with a sense of pleasure and achievement



Spend 5 - 10 minutes engaging in some slow and steady breathing. A great way to relax



When engaging in tasks or activities encourage your family to try and use all their senses to be present with what they are doing



HOW FAMILIES CAN WORK WITH EACH OTHER TO LOOK AFTER THEIR MENTAL HEALTH DURING LOCKDOWN



01
Give each other time and space to relax and apply self care



02
Work with each other to get tasks done (E.g. cooking or cleaning together)



03
Challenge each other in a positive way - identify a list of skills you can each master and regularly check in with progress



04
Be supportive of each other. Be patient and understanding of what you are each going through



05
Be a positive role model for each other. Demonstrate positive physical and mental health habits



06
If someone is experiencing a worry work with them to problem solve. Identify solutions together to solving the problem



07
Respect each other's space. If you have older children provide them with a sense of autonomy



08
Make decisions together as a family. Adopt a collaborative parenting style



09
Identify some helpful guidelines which you can all agree on and work towards together



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HOW FAMILIES CAN KEEP ESSENTIAL MENTAL HEALTH HABITS GOING DURING SELF ISOLATION

01



Regularly check in with each other. How are you feeling today? Is there anything I can do help you?

02



Focus on staying connected to friends and family through using a range of applications

03



Schedule time into your week where you can all do something together that provides you with a sense of achievement

04



Encourage and support each other to stay active. Walk around the garden or get active indoors with some group activities

05



Schedule in routine and necessary things that you would like to achieve from your week. This helps reduce disruption and increase control

06



Give each other time and space. Respect each other's down time

07



With your family identify things that provide each of you a sense of pleasure and schedule into your week

08



Set some guidelines that you can all work towards (E.g we will make sure to sit down and each dinner with each other every night)

09



Identify some self care activities you can do together (family meditation) and individually to provide a sense of relaxation

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HOW FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING SELF ISOLATION



01
Check in with each other on a regular basis. How are you feeling today? Is there anything I can do to help?



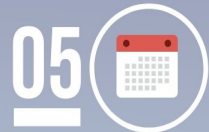
02
Engage in some physical activity together. Doing this in a group can increase connectedness and is great for reducing stress



03
Get some really simple healthy rules in place that you can all follow (E.g. We will make sure to sit down and eat dinner with each other every night)



04
Set a challenge to learn a new coping skill each week. Spend 5-10 minutes each day to practise using it



05
Organise and plan your week together. Make sure everyone understands what work or school related activities are coming up over the next 7 days



07
Schedule in time during your week where you can all engage in some activities that provide you with a sense of pleasure and achievement



08
Work together as a team. Be a strong unit that supports, cares and encourages



06
Spend 5 minutes each morning when you wake up to engage in some breathing exercises as a family

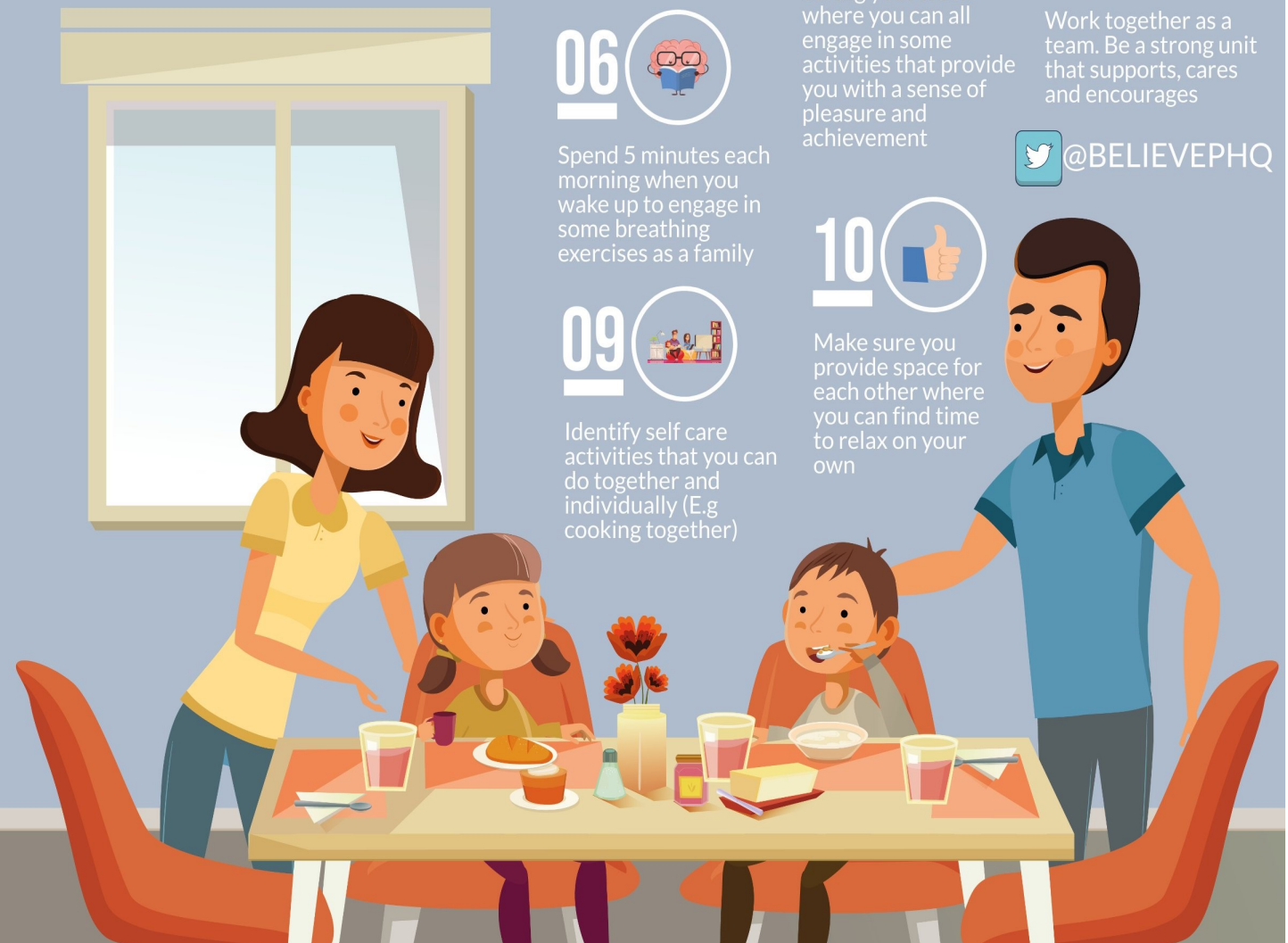


09
Identify self care activities that you can do together and individually (E.g. cooking together)



10
Make sure you provide space for each other where you can find time to relax on your own

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HOW STUDENTS CAN LOOK AFTER THEMSELVES AND OTHERS DURING SELF ISOLATION



1 Stay in regular touch with friends through skype, facetime or google hangout. Staying connected can help reduce stress and anxiety



2 Make sure you engage in regular exercise. You can make this fun and do it online at the same time with friends or family



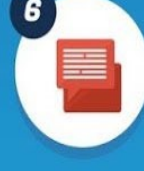
3 Don't be afraid to check in with your friends or family. Ask them how they are doing and see if you can help them in anyway



4 Challenge yourself each day to be curious about how well you can stay focused on the present moment



5 Reduce the amount of time you spend on social media and checking the news. Regular checking can increase worry



6 Schedule a time each day where you can sit down with your family and talk about what you are thinking and how you are feeling



7 Take care of your physical health. Maintain a good sleep routine and make sure to eat a well balanced diet



8 Slow down what you are doing and breathe. Deep breathing is a great way to calm your mind and body



9 If you are struggling do not be afraid to reach out for help. Speak to your friends, family or teachers and ask for support



HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

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1 Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?



2 Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then



3 Take each day one step at a time. Focus on the present moment. A routine can help give you some structure



4 In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax



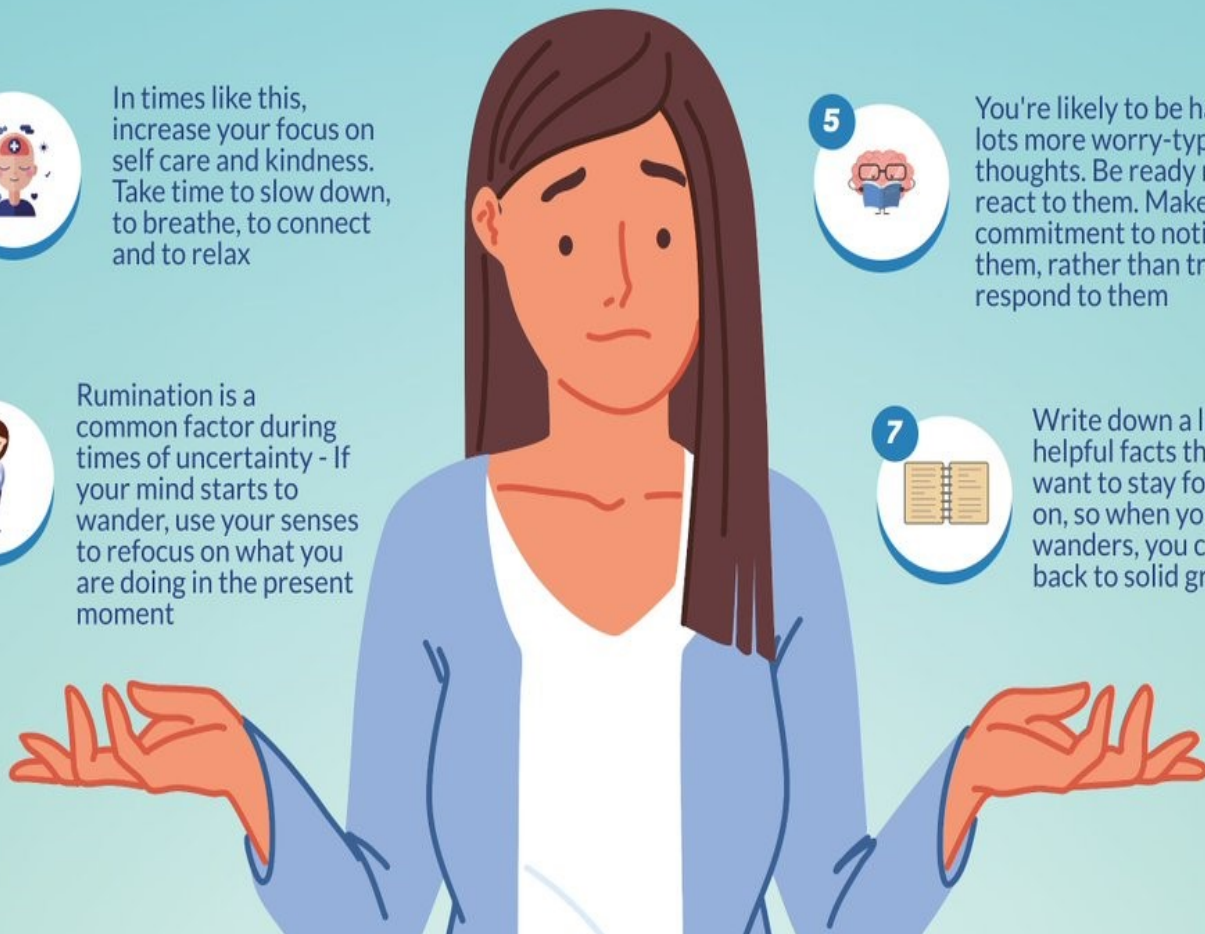
5 You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them



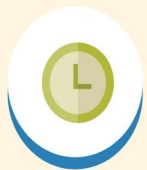
6 Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment



7 Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground



COPINGS SKILLS TO USE TO COPE WITH ANXIETY ABOUT CORONAVIRUS



Worry time is a useful tool to help give you more control over your worries



Talk to someone. This is a great way to get help and also express how you are feeling and thinking



Grounding techniques are useful to learn to help bring you back to the present moment



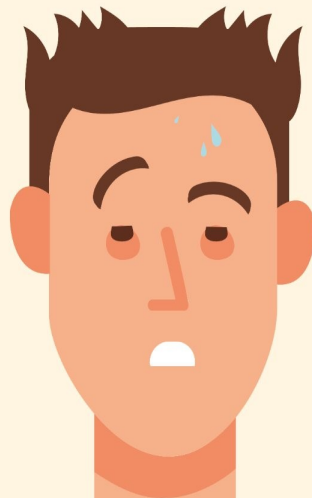
Use all your senses to try and fully engage in a task that you are currently doing



Problem solving is a useful technique to help identify solutions to worries you might be experiencing



Progressive muscle relaxation can be used to reduce muscle tension



Write down your thoughts and identify thinking errors you might be making



Identify times in the past where you have coped well with stress and anxiety and use those experiences to guide you moving forward



Use imagery to imagine yourself in a calm, safe place and happy place



Deep breathing is a great technique to help reduce stress and anxiety. Use it as a technique to help get into a slow and steady rhythm



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HOW PARENTS CAN FOSTER AUTONOMY DURING LOCKDOWN



01
Don't feel the need to constantly instruct your child. Provide them with a sense of control



02
Encourage your child to find a routine that works for them and fits in with the family



03
Try not to tell your child what to do and instead suggest things which might be of help



04
Adopt a collaborative parenting style. Work together as a team with your family



05
Encourage your child to work through a daily planner that helps find you all a sense of rhythm



06
As parents be curious around how you can manage your own feelings of letting go of control



07
Encourage and support your child to problem solve when they are faced with worries



08
Work as a family to take turns doing things (E.g taking turns to cook or clean)



09
Ask your child to come up with a family activity that you can all do together. Give them a sense of responsibility



10
Listen to their worries and let them share their frustrations. Encourage them to try and find the solution and then ask how you can help



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HOW PARENTS CAN BUILD A POSITIVE MENTAL HEALTH ENVIRONMENT AT HOME DURING LOCKDOWN



Role model positive behaviours and share with your family how you look after your physical and mental health



Build mental health into regular conversations. For example talking about feelings and checking in with each other



Support and encourage each other to engage in relaxation or self care activities. These can be done individually or as a family



Highlight and promote the importance of looking after physical health (Sleep, eating a well balanced diet and trying to be active)



Identify some coping skills that you can learn on a weekly basis. Learn them, practise them and reflect on how they made you feel



Be patient and respect each others space. Provide each other with a sense of autonomy over decisions.



Support each other to engage in activities that provide a sense of pleasure, achievement and connectedness



Problem solve together. If someone is worried work together as a team to find the solution to the problem



Support each other to limit the amount of time you check the news



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8 WAYS TO SUPPORT YOUR CHILD TO TOLERATE UNCERTAINTY WHEN AT HOME



Encourage your child to stay focused on the here and now. Do this by helping your child to stop what they are doing and engage in some slow and steady breathing.



If their mind starts to wander and they become worried or nervous help them to fully engage in an activity whilst using all their senses. What can they feel, smell, hear, see and taste?



Progressive muscle relaxation is a great way to help your child relax both their mind and body. This can be used to help relieve stress and anxiety



Problem solving is a great strategy to help young children identify solutions to a worry and find ways to develop an action plan to overcome them. Help them to think of all solutions to solving worries



If they start experiencing unhelpful thoughts or emotions, encourage them to be curious about not responding to them. Help them to sit with their feelings and notice them



Support your child to be curious throughout the day about how well they can stay focused on bringing their attention back to the present moment when their mind starts to wander



Support your child to try and postpone their negative thoughts. This can help your child to stop thinking the worst and take more control of their worry



Support your child to be aware of any unhelpful behaviours that might be feeding their uncertainty. Help them reduce the amount of time they spend checking social media and the news



HOW TO HELP SOMEONE WHO IS FEELING LOW DURING LOCKDOWN

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01



Encourage them to stay connected to their friends or family and support them to schedule time into their week to stay connected

02



Work with them as part of a team to learn a new coping skill (E.g. deep breathing) and practise it with them online

03



Encourage them to set some small and achievable goals that they can set and work through each week

04



Identify a list of self care activities that they can engage in each day.

05



Be there for them. Be patient and understanding. If they need extra help try and support them through mental health charities or their doctor

06



Work through an activity planner and schedule in some activities that bring a sense of pleasure and achievement

07



Make sure they are taking care of themselves physically (Sleeping well, eating healthily, being active)

08



Help them to find a new skill or hobby that they can look to master over the coming weeks

09



Identify some activities they can take part in which will boost their mood



WHAT TO DO IF YOUR CHILD IS ANXIOUS ABOUT CORONAVIRUS



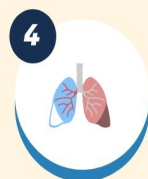
1 Work with them to identify things that you can do together that will help them stay calm



2 Encourage your child to talk about how they are feeling and what they are thinking. Listen to what they have to say



3 Encourage and support them to reduce the amount of time they spend on social media and checking the news



4 Schedule some time each morning where you can engage in some slow and steady breathing. This is a great way to calm the mind and body



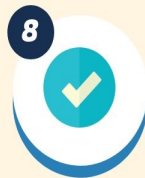
5 Identify some coping skills that you can learn and use with your child each week. This will help build their psychological toolbox



6 Encourage your child to plan and schedule things into their week. This can help increase control and reduce disruption, stress and worry



7 Support your child to stay focused on the present moment and to focus on one day at a time



8 Encourage your child to get into a regular routine which includes daily habits focused around maintaining physical and mental health



9 If your child is experiencing worry support them to problem solve. This is a great strategy to help them find a solution to their worry



10 Encourage them to engage in self care activities every day



10 THINGS YOU CAN DO TO HELP STUDENTS WHO ARE ANXIOUS ABOUT COVID -19

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Encourage students to stay focused on the here and now



Educate students about thinking errors and help them to identify with them



Use mindfulness activities to help ground students back to the present moment



Work with students to identify 3 good things they have achieved from their day



Encourage them to be curious about how they can reduce the amount of time they spend on social media



Encourage students to talk openly about how they are feeling and what they are thinking



Help students to problem solve effectively. This is a great way to manage worry



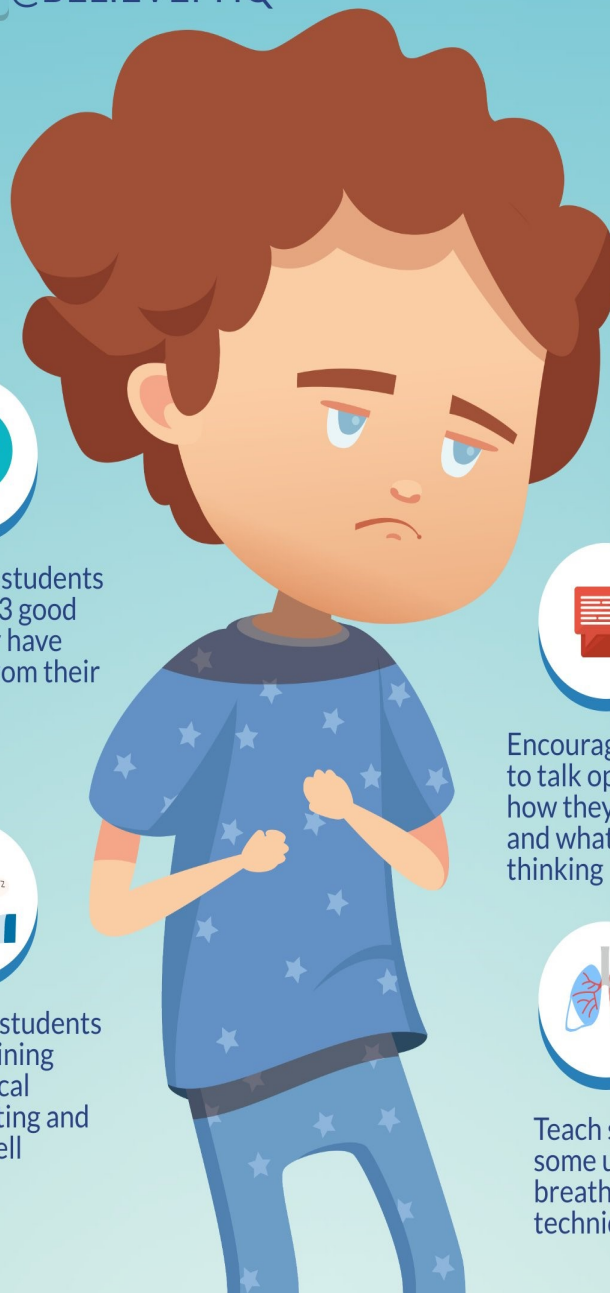
Make sure students are maintaining good physical health - Eating and sleeping well



Teach students some useful breathing techniques



Support students to engage in some simple self care strategies that can help bring a sense of relaxation



10 TIPS TO HELP STUDENTS PLAN THEIR SCHOOL DAY WHEN AT HOME



Get organised. Print out a daily or weekly planner and use it to schedule in school work



Be consistent with your routine and keep practising it



Stick to your school timetable where possible



Schedule in time for breaks to help maintain concentration and motivation



Schedule in activities where you know you need to connect with a teacher or classmate



Think about the things you want to do before you start working which will get you in the mindset of being ready



Be flexible with your targets. Don't punish yourself for not getting things down



Mix things up. Try a different routine and see what works for you



Don't forget to schedule in time for self care. Plan in activities that keep you connected



Find a classmate who you can work with online throughout the day. Check in on each other

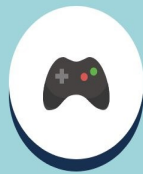


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HOW STUDENTS CAN MAINTAIN MOTIVATION TO WORK AT HOME DURING LOCKDOWN



Aim to complete your school work or homework by a certain time



When you complete a piece of work reward yourself with something (E.g going on your phone or playing on a game console)



Make sure you are taking regular breaks. These are important for maintaining focus and concentration



Engage in some work with a classmate online (someone you are usually in a lesson with)



Identify your strengths and see how you can use them to complete your work



Create a routine and schedule things into your working week



Create a positive learning environment at home. Find a space with minimal distractions



Ask for feedback from your teacher. This is a useful way to maintain confidence



Set achievable targets or goals for your day. Don't put pressure on yourself to do everything in one go



HOW PARENTS CAN SUPPORT TEENAGERS DURING LOCKDOWN

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Encourage them to be involved in activities or tasks around the house (E.g. cleaning, cooking, gardening)



Be clear with them some of the things that you'd appreciate their help with and why their help is important



Don't get stressed if they have the odd sleep in. Try not to tell your child what to do. Instead suggest things that might help



Agree on some ground rules that you can all work towards together as a family. Respect each other's choices



Identify a physical or creative challenge that they can master over the coming days and weeks. Encourage them to keep practising it



Work together as a team who are looking to support each other



Support your child to find things to do which will help to reduce boredom



Encourage your child to stay connected to friends and family and to engage in activities that provide a sense of achievement



Encourage your child to schedule things into their week. This will bring back a sense of control over what they are doing



Identify some coping skills that you can test out and practise together. This is a great way to promote self care



WHAT TO DO IF ATHLETES ARE WORRIED ABOUT NOT BEING ABLE TO TRAIN WHEN AT HOME



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Problem solve - come up with solutions to overcome your worries



Engage in some mindfulness to help reduce worry around the future



Team up with your teammates and engage in some online group exercise



Review your previous performances, identify strengths and find ways you can keep working on then



Stay in regular contact with your coach and teammates. Use this opportunity to get some great feedback



Use this as an opportunity to start working on your mental fitness



Organise your time. Get a weekly calendar and schedule in time to exercise and train. Get into a regular routine



Watch recordings of old matches and training. Try to visualise the training/game in your mind



HOW TO RESPOND STRONGER WHEN YOUR SEASON ENDS UNEXPECTEDLY



Choose your attitude and see this an opportunity to gain competitive advantage



Take control of things and think about how you can be the best in the world at responding to adversity



Draw up a performance history timeline. Start with when you first started your sport and identify key moments. At each moment reflect on the things that helped you stay mentally, technically, tactically and physically ready



Use this as an opportunity to build up a picture of your strengths. Strengths you want to add. Strengths you want to improve



Identify a list of your top 10 highlights over your career and write down the things that helped you be successful in those moments. What were you thinking? How were you feeling? This will help you create a performance recipe



Be proactive with how you seek support. Check in with your coaches and use them as a tool to help you reflect and get better



View this as an opportunity to take advantage of your progress, growth, learning and development



HOW YOUNG ATHLETES CAN MAINTAIN MOTIVATION TO TRAIN AT HOME



Get into a regular routine with training. Schedule it in using an activity planner



Get regular feedback from your coach and identify areas to keep working on



Think about a new skill which you can master over the coming days and weeks



Identify your top 5 strengths and think about how you can keep using them throughout training each week



Engage in some online team training sessions with your teammates



Stay connected with teammates and see how they are doing. This is a great way to maintain positive relationships



Focus on the things that are in your control (your thoughts, feelings and behaviours)



Take regular breaks. Try not to put too much pressure on yourself to train all the time. It is important to find time to rest and recover

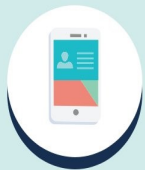


Reward yourself for mastering a skill or completing sessions

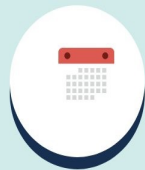


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HOW TO SUPPORT A TEAMMATE WHO IS FEELING LONELY DURING LOCKDOWN



Make sure to check in on them on a regular basis and see how they are doing



Support them to organise their week. Work with them to bring a sense of routine back to their day



Train together - identify a time each day where you can train online together



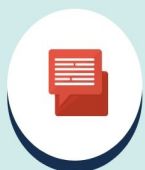
Encourage them to identify a list of routine and necessary activities and work with them to schedule them into their week



Support them to find a new skill which they can master over the coming weeks



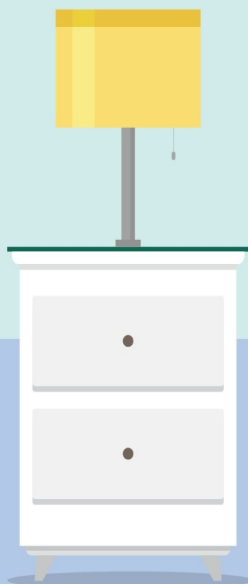
Be there for them and support them with finding extra help or support if they need it



Encourage them to stay regularly connected to friends or family. They may need some support to find some new connections



Motivate them to find activities they can do that bring them a sense of pleasure and achievement



HOW PARENTS CAN SUPPORT ATHLETES WHO ARE DISAPPOINTED ABOUT COMPETITION CANCELATIONS



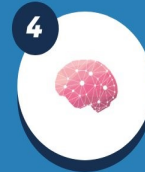
1 Encourage your child to stay focused on the present moment and the here and now



2 Encourage your child to see this as an opportunity for growth, development and learning



3 Be there for them when they are feeling upset. Listen to them and encourage them to talk about how they are feeling



4 Work with your child to think about how they can the best at responding to the cancellations. Think about things they can do and how they should behave



5 Review their goals and set some small and achievable targets they can work on over the coming weeks



6 Work with your child to identify times in the past where they have coped well with stress/adversity. Use those experiences to guide them forward



7 Help support your child to create a new meaningful personal challenge which they can work towards

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