

As media outlets dominate our screens with news of Coronavirus (COVID-19), it is natural for people to begin to worry for their personal safety. While it is completely normal for people to experience anxiety when they feel their health may be under threat, it is important to keep it at a manageable level.

Limiting Exposure to News and Social Media

Be mindful to not oversaturate yourself with social media and 24/7 news outlets. Try to avoid exposure to breaking news and sensationalistic news outlets. Rather, direct your attention to established authoritative sources, such as the [World Health Organization](#) or the [Australian Government Department of Health](#). One of the best steps we can take in alleviating anxiety is to educate ourselves and feel informed.

Concentrate on Things That are in Your Control

As hard as we may try, worrying about a problem is not going to fix the issue. It is important to stay focused on the small things we can do in our everyday lives to protect ourselves. Practice good anti disease hygiene – washing our hands regularly or using hand sanitizer. Keep your immune system healthy by eating a balanced diet, sleeping well and practicing regular exercise. The chance of being infected becomes less likely if you are practicing common sense precautions.

Supporting Children

Be honest with children and provide up to date information about the current situation. Explain what is happening and present clear information about how to reduce their risk of being infected. Children can react to stress in a range of ways such as being more clingy, anxious, withdrawing, angry or agitated. It is important to maintain regular routines and normal daily life as much as possible. Listen to children, reassure them supportively and give extra love and attention during times of stress.

Simple Ways to Get Present

At one point or another we will have all experienced a time of adversity and stress. Draw on skills that you have used in the past to manage stress during this time. If you find yourself getting worked up by thoughts of Coronavirus try using a grounding technique to center yourself and engage with your environment.

Drop Anchor

- Plant your feet onto the floor. Push them down and notice the floor beneath you, supporting you.
- Notice the muscle tension in your legs as you push your feet down.
- Notice your entire body and the feeling of gravity flowing down your head, spine and legs into your feet.
- Look around and notice what you can see and hear around you. Notice where you are and what you're doing.

Take Ten Breaths

- Take ten slow, deep breaths. Focus on breathing out as slowly as possible until the lungs are completely empty – then allow them to refill by themselves.
- Notice the sensations of your lungs emptying. Notice them refilling. Notice your rib cage rising and falling. Notice the gentle rise and fall of your shoulders.
- See if you can let your thoughts come and go.
- Expand your awareness: simultaneously notice your breathing and your body. Then look around the room and notice what you can see, hear, smell, touch and feel

If you are finding that your wellbeing and everyday functioning is being disrupted by anxiety and thoughts of Coronavirus (COVID-19) please consider seeking support from a mental health professional.

For free professional and confidential counselling
please call us today on 1300 130 130

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www.daccordoas.com