

## COVID-19 MANAGING DISTRESS

FEELING ANXIOUS IS A NORMAL REACTION WHEN WE ARE FACING DIFFICULT AND UNCERTAIN TIMES.



### COMMON REACTIONS

- Worry
- Fear
- Frustration
- Sadness
- Feeling
- Helpless
- Trouble concentrating and sleeping
- Lack of interest in activities
- A racing mind or racing heart
- Changes in eating – eating too much or not eating enough

### 4 SIMPLE THINGS TO HELP

#### 1. Take a Breath

Take a long slow deep breath in through your nose and then very slowly let it out

Repeat this 3 times



#### 2. Take Timeout

Take a mindful moment to notice what is happening around you. Use your senses to notice positive things:

- What can you see that makes you feel happier?
- What can you hear that helps you relax?
- What can you feel that helps to calm you?
- What can you do to feel better right now?



### **3. Take Care of Yourself**

- Mediate, pray, listen to music
- Express your feelings through writing, singing, painting, dancing
- Eat a healthy balanced diet
- Exercise every day – even for a few minutes
- Get plenty of sleep – 7 or 8 hours

### **4 Take Care of Others**

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- Look out for others who need help
- Keep in touch with friends and family
- Treat people with kindness



**Need to talk?**

**RASNZ Support & Information Line**

**0800 472 769**

