

TT10 Summary of Learnings



Topic #1: Coping with COVID Lockdown | Tuesday 06th October 2020

Issues experienced during COVID lockdown include:

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| <ul style="list-style-type: none"> 🗣️ High level stresses with little relief 🗣️ Unpredictable moods 🗣️ Strained relationships 🗣️ Frustration of blended spaces | <ul style="list-style-type: none"> 🗣️ Challenges with remote learning 🗣️ Managing the stress behaviours 🗣️ Uncertainty around future planning 🗣️ Working with return to school challenges |
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How to Cope with COVID Lockdown?

Coping is an attempt to restore balance

Research shows we can do this in 3 ways:

1. Remove the problem
2. Problem-solve the issue
3. Accommodate the problem without a solution

Productive coping does not always mean that it will feel good or comfortable - it is the attempts to restore balance within yourself that allow you to access better responses.

Coping is also a set of thinking and emotional skills which help you restore your balance. Once this is achieved coping is about putting your intentions into **actions**. It is the behaviours that act out your coping, not just what you intend to do.

Managing Change

Imposed Change removes autonomy

- 🗣️ Mandated by someone/something else
- 🗣️ Uncertainty which causes distress
- 🗣️ Helplessness due to lack of power
- 🗣️ Debilitating grief

Voluntary Change utilises autonomy

- 🗣️ Process is owned by the individual
- 🗣️ individual is able to plan to their own vision
- 🗣️ They create their own timeline
- 🗣️ They manage their pre-grieving

Focussing on what **we can't** control increases our distress and distorts our thinking, leaving us depleted and desolate

Focussing on what **we can** control allows us to make choices, move into productive coping, utilises helpful thinking & optimising resources

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Getting Through This Together - Mental Health Commission

<https://www.mentalhealthcommission.gov.au/GettingThroughThisTogether>

Coronavirus Mental Wellbeing Support Line [1800 512 348](tel:1800512348)

[headspace 1800 650 890](tel:1800650890)

[Lifeline 13 11 14](tel:131114)

[Kids Helpline 1800 55 1800](tel:1800551800)

National Alcohol and Other Drug Hotline [1800 250 015](tel:1800250015)

[1800RESPECT 1800 737 732](tel:1800737732)