

**Coping with COVID-19**  
UNDERSTANDING AND MANAGING THE IMPACT OF PANDEMICS  
DR GOVIND KRISHNAMOORTHY AND BRONWYN REES

YOUNG MINDS  
Clinical Psychology

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**Aims and rationale**

- ▶ Tools of support to cope with challenges presented by COVID-19, and the return of children back to school in these current circumstances.
- ▶ Designed to compliment operational guidance provided to you.

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**Introduction & Overview**

- ▶ **Returning to Face-to-Face Learning : Impact on you, your work and your students.**
- ▶ Psychological impact of COVID-19.
- ▶ Coping with toxic stress: The 5C coping plan.

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Returning to Face-to-Face Learning

**HOW I PICTURED MYSELF DURING THE APOCALYPSE**      **WHAT I REALLY LOOK LIKE!**



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What makes COVID-19 such a stressful experience?

- ▶ "Mass quarantine" – population based public health management
- ▶ Real or perceived health threats
- ▶ Australian vs international experiences

Resulting in

- ▶ Change
- ▶ Unpredictability
- ▶ Ambiguity
- ▶ Loss
- ▶ Stress
- ▶ Opportunity
- ▶ Challenge

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www.guesting.com  
ins@nsfry

**PRETTY WILD  
HOW WE USED TO  
EAT CAKE AFTER  
SOMEONE HAD  
BLOWN ON IT...  
GOOD TIMES...**

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### Unique challenges of COVID-19

- ▶ Everyone has a system of **health beliefs** to explain what causes illness, how it can be treated or cured, and who should be involved in the process
- ▶ Each individual has historical and current factors that have contributed to the development of his/her health beliefs e.g.
  - ▶ Experience of health system (individual & family)
  - ▶ Culture
  - ▶ Family background
  - ▶ Personal health
  - ▶ Mental health
- ▶ COVID-19 - Everyone's health beliefs have been triggered at the same time for the same reason

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WE ARE NOT ALL IN THE SAME BOAT  
BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACHOTHER  
#DONTJUDGE #BEKIND

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### Typical Health Messages



Health message

Research- domestic & international  
Animal trials  
Human trials  
Clinical practice  
Peer reviews  
**TIME**  
Clinician and patient feedback

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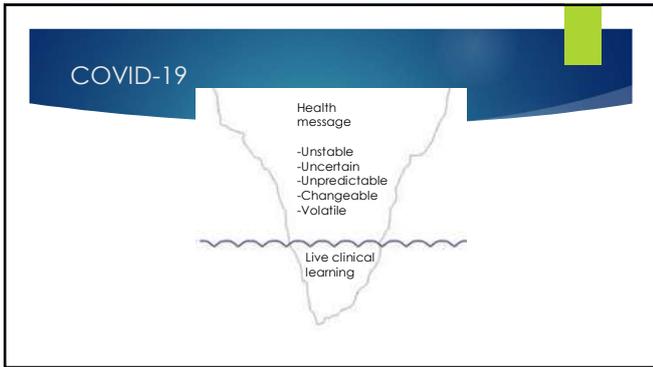
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### How does this impact us?

Volatile, Uncertain, Complex and Ambiguous (VUCA) situations = Increased stress response (fight, flight, freeze & friend)

Coping with stress: Nature AND Nurture

Nature: Vulnerable, neurotypical and resilient

Nurture: Coping skills

Stress Vs Toxic Stress



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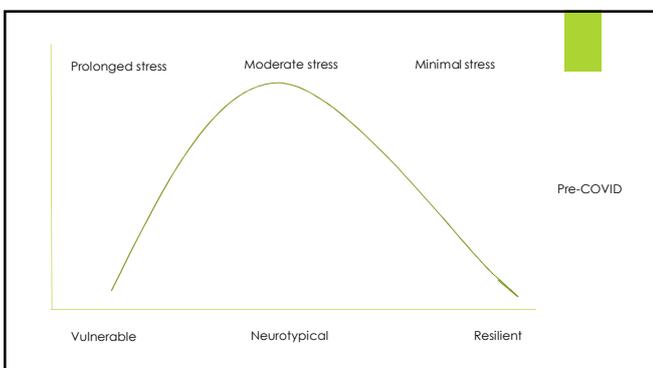
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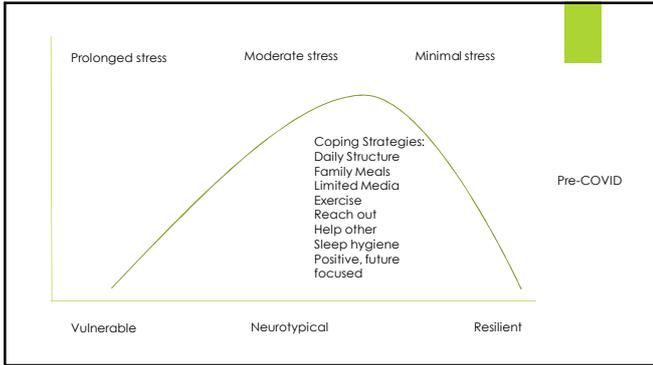
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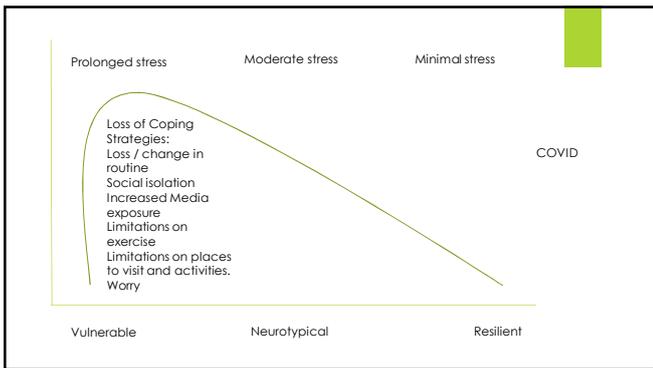
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5C Coping Plan

The diagram shows four icons arranged in a 2x2 grid. Top-left: A yellow sun with sunglasses, labeled 'CALM'. Top-right: A video camera icon, labeled 'CONNECT'. Bottom-left: Two people talking, labeled 'COLLABORATE'. Bottom-right: A lightbulb, labeled 'CHALLENGE'. A central icon shows a red heart in a speech bubble, labeled 'CARE'.

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CARE

- Attending to personal needs: safety, financial, physical and mental health and wellbeing.
- Positive habits: Changes in daily routines impact on sleep, diet and exercise habits. Need for new routines.
- Pleasurable activities: Blurring of boundaries with work and home life.

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CALM

- Managing stress can be helped through a variety of relaxation exercises.
- Staying in your window of tolerance: up-regulating and down-regulating sensory breaks.
- Patterned, repetitive, rhythmic sensory activities.

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CONNECT

- Social distancing doesn't mean we should cease all social networking and connection.
- Keeping in touch with people through the internet or phone. Taking breaks from people we spend a lot of time with.
- Co-regulation: Having trusted friends, family, co-workers to talk to.

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COLLABORATE

- #InThisTogether
- Empathy for people who may be more directly impact by COVID-19 and feel vulnerable.
- Problem solve and learn with others.
- Its nobody's fault and everybody's responsibility.

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CHALLENGE

- Uncertainty, novelty and anxiety impacts our thinking.
- Get accurate information from reputable resources. Be critical of hear-say and rumours. Limit exposure to the media.
- Examine your immediate reactions and thinking: realistic? helpful? Other ways to think about this?

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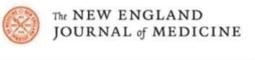
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**Use of Commercial Disinfectants to Treat Novel Coronavirus (Covid-19) through Oral Administration or Subdermal Injection**

Amanda Kerr, M.D., Aunne Young, M.D., Trapper John, M.D., Meredith Gray, M.D., Douglas E. Powers, M.D.

Article

**BACKGROUND**  
On March 11<sup>th</sup>, 2020, President Donald J. Trump, during his daily briefings on the response to Covid-19, suggested the use of disinfectants to treat patients infected with the novel coronavirus Covid-19. We conducted a study on the efficacy of using commercial disinfectants through oral administration or subdermal injection.

**METHOD**  
We read the labels on the bottles we found in the janitor closet.

**CONCLUSION**  
This will kill you. Don't do it.

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**WORDS TO BUILD RESILIENCE AND HELP YOUNGER CHILDREN**

This feels a bit scary, but it won't last forever.

It's ok to feel worried, but we've dealt with hard things before so I know we can handle it.

When people are worried we only need to show kindness and help others.

I don't like that this is happening but we can work through it together.

Not everything that you hear is true. Some people don't take time to find out proper facts when they worry.

We can do tough things if we work together. We're a great team!

Just deal with the one right thing at a time. Take a breath... and then start on the next right thing.

It's ok to be a little bit scared just now. It just means that we get to be more brave together!

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**"I can't go out because of the virus" sounds weak, whiny and boring.**

**Try instead:**  
**"I've sworn an oath of solitude until the pestilence is purged from the lands"**

**Sounds more Valiant and Heroic, people might even think you are carrying a sword.**

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**Support Services**

- ▶ **Lifeline Australia 13 11 14**  
A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe. [www.lifeline.org.au](http://www.lifeline.org.au)
- ▶ **Beyond Blue 1800 512 348**  
Coronavirus Mental Wellbeing Support Service. <https://coronavirus.beyondblue.org.au/>
- ▶ **Eheadspace 1800 450 893**  
Online and webchat support and counselling for 12-25 year olds, their family and friends. [www.headspace.org.au/eheadspace/](http://www.headspace.org.au/eheadspace/)
- ▶ **Care in Mind** - online and phone counselling for people living, working, or studying in Melbourne's northern, central, and western suburbs. Phone: 1300 096 269 (24 hours a day, 7 days a week). [Care in MIND online Counseling](https://www.careinmind.org.au/careinmind-online-counseling/).
- ▶ **MensLine** - professional telephone and online support and information service for Australian men. Phone 1300 78 99 78 (24 hours a day, 7 days a week). [MensLine online counseling](https://www.mensline.org.au/counseling/).
- ▶ **Mindspace** - free telephone and online services for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression and can help you find local services. Call 1800 61 44 34 (8am - 8pm, Monday-Friday, 8am-6pm, Saturday).
- ▶ **Suicide Call Back Service** - mental health support, call back service: 1300 659 467 or online at [suicidecallbackservice.org.au/](http://suicidecallbackservice.org.au/) (24 hours a day, 7 days a week)

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**Support services**

**Youth focused mental health and support services**

- ▶ **Headspace** - Call eheadspace on 1800 650 890 or online at [www.headspace.org.au](http://www.headspace.org.au)
- ▶ **Kids Helpline** - Call 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au)
- ▶ **ReachOut** - Online at [reachout.com.au](http://reachout.com.au)
- ▶ **SANE Australia** - Call 1800 187 263 or online at [sane.org](http://sane.org)
- ▶ **BRAVE Online** - <https://www.brave-online.com/>

**Specialist areas**

- ▶ **1800Respect** - confidential counselling, information and support for people impacted by sexual assault, domestic or family violence and abuse via phone or online chat. Phone: 1800 737 732 (24 hours a day, 7 days a week). [1800respect.org.au](http://1800respect.org.au)
- ▶ **Directline** - confidential alcohol and drug counselling and referral service. Phone: 1800 888 236 (24 hours a day, 7 days a week). [Directline.org.au](http://directline.org.au)
- ▶ **Switchboard Victoria** - telephone and web counselling, information, and referral service for LGBTIQ people. Phone: 1800 184 527 (3pm - 12am, 7 days a week). [Life.Waiver.vic](http://Life.Waiver.vic)

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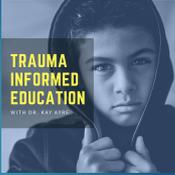
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**Thank you**  
QUESTIONS, COMMENTS AND OTHER RESOURCES



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