

COVID-19 Mental Health Tips

1. Set up a structure that is manageable- it can be helpful to create a structure that allows you to provide a service without burning out. Keep timetables, classes and admin in balance to avoid going into overwhelm. Prioritise survival needs over flourishing needs. Do the best that you can do.
2. Create boundaries between your work time and home time roles- each segment requires a different mindset. De-role when your work segment is done. Take a brief moment to unwind and switch hats, so that you can engage and interact with other parts of your life.
3. Stay connected to your work community- it is important that social distancing does not disconnect you from your community. Continue to remain connected with video calls, emails, texts, to substitute how you would normally interact.
5. Manage your expectations- due to the current climate there can be an urge to want to compensate for the structure that existed. Give yourself permission to approach this phase of the journey with playfulness and curiosity. The more you aim to recreate, the more likely you will find it difficult to adapt to the changes that are occurring.
6. Be aware of information overwhelm as we move into a lifestyle dominated by zoom, whatsapp, skype, news forums, allocate time where you digital detox. These platforms can result in feelings of confusion and fatigue, so be aware of your exposure to information.
7. Let go of control- everyone is going through their own process of grief and loss. Students will have their own way of coping with change, as will you as a teacher. Outcome can not be controlled and each person will find their way back to a balance in their own time and their own way.
8. Prioritise Self-Care- you cannot pour from an empty cup so make sure you look after yourself. Find ways to manage your own emotions and thoughts as you work your way through this time.

EVERYTHING YOU ARE GOING THROUGH IS TEMPORARY.

YOU ARE NOT YOUR THOUGHTS AND FEELINGS- THEY CAN BE MANAGED.

YOU WILL OVERCOME THIS INTERRUPTION.

