

MINDING YOUR WELLBEING DURING THE CORONAVIRUS OUTBREAK!

(SOURCE CONTENT: MEDICAL SERVICE JRC ISPRA)

REMEMBER THE WHY

You are socially distancing to protect others; you are not doing it alone and others are protecting you. This is time to take pride in things like the “greater good” and our “shared common humanity”. Whatever you are experiencing, there are many other people who have a similar experience and feel the same way.

The spread of coronavirus is a new and challenging event. It has changed your work routine and will continue to do so for another few weeks. It is important that you take care of yourself and your wellbeing during this time.

HOW YOUR WELLBEING MIGHT BE AFFECTED.

Some people might find the coronavirus outbreak more worrying than others. Try to remember that medical, scientific and public health experts are working hard to contain the virus.

Most people’s lives will change in some way or other over a period of days, weeks or months. But in time, it will pass.

YOU MAY NOTICE THE FOLLOWING:

Increased anxiety

Feeling stressed

Finding yourself excessively checking for symptoms, in yourself, or others

Becoming more easily irritable

Feeling insecure or unsettled

Fearing that normal aches and pains might be the virus

Having trouble sleeping

Feeling helpless or a lack of control



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Photo: Tengyart in Unsplash

HOW TO MIND YOUR WELLBEING DURING THIS TIME

Keeping a realistic perspective of the situation based on facts is important. Here are some ways you can do this. These recommendations are particularly important in case you are taking care of children, the elderly or sick adults.

STAY INFORMED BUT SET TIME LIMITS FOR NEWS AND SOCIAL MEDIA

The constant stream of social media updates and news reports about coronavirus could cause you to feel worried. Sometimes it can be difficult to separate facts from rumours. Use trustworthy and reliable resources to get your news, for example

World Health organization

Italian Health Ministry



Photo: Elijah O'donnell in Unsplash

KEEP UP YOUR HEALTHY ROUTINES

Your routine may be affected by the coronavirus outbreak in different ways. But during difficult times like this it is best if you can keep some structure in your day.

It is important to pay attention to your needs and feelings, especially during times of stress. You may still be able to do some of the things you enjoy and find relaxing.

For example:

Exercise regularly

Keep regular sleeping routines

Maintain a healthy diet

Avoid excess alcohol

Try something new like yoga, Pilates, studying a language...use online resources

STAY CONNECTED TO OTHERS

During times of stress, friends and families can be a good source of support. It is important to keep in touch with them and other people in your life.

Remember that talking things through with someone can help lessen worry or anxiety. You don't have to be strong or to try and cope with things by yourself.



Photo: Dustin belt in Unsplash

TIPS FOR PEOPLE IN ISOLATION

Stay connected (e.g. via telephone, email, social media, video conference) and maintain your social networks. Even when isolated, try as much as possible to keep your personal daily routines or create new routines.

During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Try and keep things in perspective. Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation, too.

TALKING TO OLDER ADULTS

The elderly, especially those who have cognitive decline, may become more anxious and stressed. Share with them simple facts that will help to reduce their risks, repeating information when necessary. Explain the instructions clearly, respectfully and patiently.

Provide emotional support, and create informal networks with relatives.

TRY TO ANTICIPATE DISTRESS AND SUPPORT EACH OTHER

It is understandable to feel vulnerable or overwhelmed when reading or hearing news about the outbreak.

Acknowledge these feelings. Remind yourself and others to look after your mental health.

WE ARE HERE TO SUPPORT YOU:

WRITE AN EMAIL TO

PSYCHOLOGICAL SERVICE EUROPEAN SCHOOL VARESE

claudia.doerner@partner.eurisc.eu

beatrice.ottin-fasse@partner.eurisc.eu (from 20th April)

SPORTELLO ASCOLTO

Rita Manzini (Italian) rita.manzini@teacher.eurisc.eu

Dirk Bertram (Dutch/English) dirk.bertram@teacher.eurisc.eu

Eftychia Fragkioudaki (Greek/Italian) eftychia.fragkioudaki@teacher.eurisc.eu

Magdalena Tiebel Gerdes (German/Italian) magdalena.tiebel-gerdes@teacher.eurisc.eu

Anabela Canez (French/Italian/English/Portuguese) anabela.canez@teacher.eursc.eu

Piera Macchi (Italian) piera.macchi@teacher.eursc.eu

Barbora Haupenthal (English/German/Czech/Slovak) barbora.haupenthal@eursc.eu

Agata Bogdanska (Polish/Italian/English) agata.bogdanska@teacher.eursc.eu

Catalina Dusi (Spanish/Italian/German) catalina.dusi@teacher.eursc.eu

Maria Nowaczyk (English/French) maria-claire.nowaczyk@teacher.eursc.eu

Graziella Digangi (German/Italian/Spanish/English/French) graziella.digangi@eursc.eu