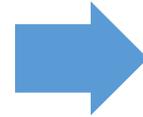


COVID

WORRY AND ANXIETY

We are all in
worrying, uncertain
times: times of
change.



Change is when
something goes from
being the same to
being different

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Disclaimer

The following information is provided for general informational and personal educational purposes for UNISON members only.

It should not be used in any training or replicated without permission.

The content is not intended to be a substitute for professional advice.

All reasonable efforts have been made to compile accurate information in this presentation to date.

You should consult and take advice from your employer, relevant professionals, your GP or other specialist services if you need further support

We all react to change differently; most of us go through and experience similar emotions

The ways that we have had to change due to COVID 19 has affected us all; causing fears, stress, anxieties and worries.

We all worry at some level, this is normal; but this pandemic is causing uncertainties and changes which are always a hard thing to handle.

Change brings a sense of loss which in turn brings denial, anger, but eventually acceptance

Worry and Anxiety

Worrying can make us feel anxious, causing a chain of thoughts and feelings which can become out of control resulting in;

- Difficulty in sleeping consequently feelings of exhaustion
- Lack of concentration
- Aches and pains
- Tearfulness
- Restlessness
- Increased heart rate
- Sweating
- Trembling
- Nervousness



Worry and Anxiety become a problem when it affects how we live



What You Can Do

- **LEARN COPING SKILLS INCLUDING;**
- **SELF CARE AND MANAGEMENT**
- **AVOID VICIOUS CYCLES**
- **MINDFULNESS**
- **RELAXATION**
- **IMAGERY**
- **CONTROL**
- **FIND HELP AND SUPPORT**

Self Care and Management

Stress isn't always bad, it helps us to look at our thoughts, we can never get rid of stress, but we can reduce it

- Look after your body and basic needs
- Eat Healthy and exercise
- Balance your time
- Stay connected with people – talk about your worries; use video, phone, text, social media
- Make time for yourself
- Do positive things – things that you enjoy
- Stay informed, from reliable sources only
- Do practical activities
- Support and help others
- Go outdoors (evidence proves that nature boosts mood)
- Focus on the present
- Keep regular sleep patterns
- Keep to routines – this brings a sense of normality
- Be kind to yourself and others
- Relaxation; yoga, meditate, take a bath



Vicious Cycles

A vicious cycle is when we find a solution to one problem but this causes another. An event or situation leads to **thoughts** about the situation, those thoughts trigger **feelings**, from those **feelings** we engage in **behaviours** which in turn impact the situation.

Identify and Avoid Getting into Vicious cycles;

- Don't constantly google/ check updates on the virus
- Wash hands when you need to as guidelines state
- Don't stay in bed
- Don't withdraw from friends and family

Mindfulness – Deep Breathing

Deep Breathing

Deep breathing is a simple technique that can be used in managing emotions.

Sit comfortably and place one hand on your abdomen.

Breathe in through your nose, deeply enough that the hand on your abdomen rises.

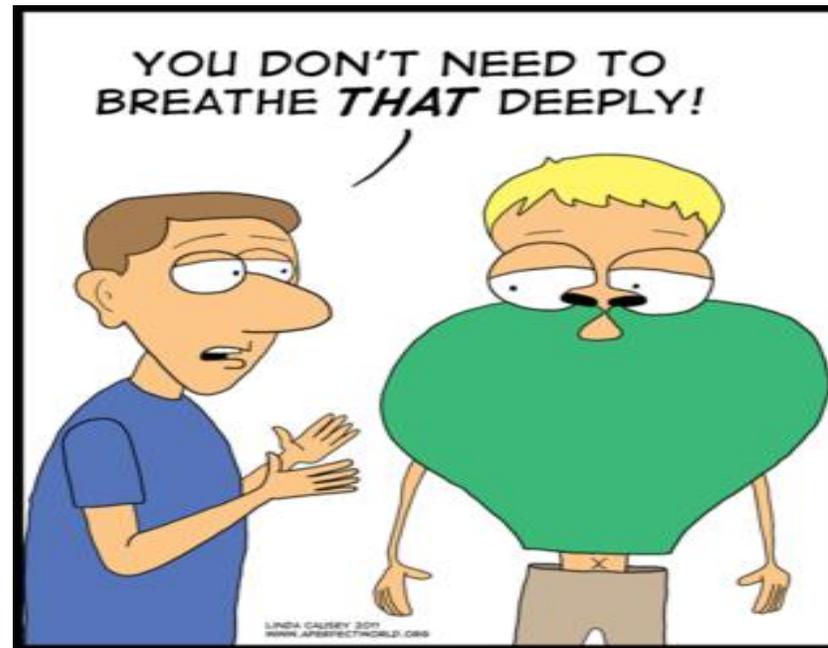
Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw.

Inhale for 4 seconds

Hold 4 seconds

Exhale for 6 seconds.

Practice for 3 to 5 minutes.



Muscle Relaxation

Tensing and relaxing the muscles throughout your body can help you to relax and reduce anxiety;

Sit back or lie down in a comfortable position.

For each area of the body tense your muscles tightly. Hold for 10 seconds, then release

- Feet: Curl your toes tightly into your feet, then release them.
- Calves: Point or flex your feet, then let them relax.
- Thighs: Squeeze your thighs together tightly, then let them relax.
- Torso: Suck in your abdomen, then release the tension and let it fall.
- Back: Squeeze your shoulder blades together, then release them.
- Shoulders: Lift and squeeze your shoulders toward your ears, then let them drop.
- Arms: Make fists and squeeze them toward your shoulders, then let them drop.
- Hands: Make a fist by curling your fingers into your palm, then relax your fingers.
- Face: Scrunch your facial features to the center of your face, then relax.
- Full Body: Squeeze all muscles together, then release all tension

Imagery

Imagery uses your imagination to create a relaxing place or positive experience, reducing anxiety and stress

Find a comfortable, quiet place to sit or lie and close your eyes.

Think of a place that you find relaxing, comforting, a place that makes you feel happy.

Use all of your senses

- Look all around to take in all your surroundings.
- Look for small details you would usually miss.
- Listen closely to everything around you. What sounds can you hear?
- Are they soft or loud?
- Are you eating ? How does it taste?
- What can you feel?
- What is the temperature like?
- Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.
- What can you smell?

Make a list of things that you can and cannot control

Focus on things that you can change and control

Focussing on what you can control helps you to stay on top of difficult feelings



Where To Find Help and Support

[UNISON Welfare Officer Derby City Tel 07946009759 Email; jaynedaniels@derbyunison.org](mailto:jaynedaniels@derbyunison.org)

www.rethink.org

www.mind.org

Your own GP

Samaritans 116123

Talk to your employer

Use Employer EAP Services

Speak with Family and Friends or work colleagues

Private Counselling

www.derbyshirecarers.co.uk

www.nhs.uk

www.mentalhealth.org.uk

Psychologytools.com

www.scope.org.uk

Google 'support for Covid stress'

BALLOON BREATHING

Step 1: Inhale Fully

Place your hands on your belly. Breath in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...



Step 2: Exhale Fully

Now open your mouth and slowly blow **all** of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.

Little Twisters Yoga.com

Support, Help and Information for Children and Young People

www.emergingminds.org

www.nanogirllive.co.nz

The World Health Organisation

BBCNews Round

www.unicef.org

www.flourishingfamiliesclinichs.uk

www.wanderingmindofapsychologist.com

<https://vimeo.com/398065042?ref=tw-share>

The British Psychological Society

The International OCD Foundation

Mencap

Your Childs school

TOGETHER



WE WILL
GET
THROUGH
THIS

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Elisabeth Kubler Ross – The Change Curve

WWW.nhs.uk

www.helpguide.org

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TherapistAid 2018

TheCounselingTeacher.com

Little Twister Yoga