

MANAGING STRESS DURING COVID -19



For the Irish community in WA



WORRY IS NORMAL FIND A WAY TO EXPRESS IT

Talk about it with others so that you can see your worries more clearly, journal about it, make a meme or TikTok about it – whatever helps. If you feel overwhelmed in the moment try slow, deep controlled breathing and use logic to remind yourself about the facts rather than focusing on your worries.



USE TRUSTWORTHY, ACCURATE INFO SOURCES

Limit your time on social media – the urban myths being circulated can be scary and constantly focussing on the crisis feeds anxiety. But do regularly check websites and social media accounts from places like Government Health Departments, Honorary Consulate of Ireland in Perth, the Irish Embassy in Canberra, UN or EU organisations and your local council.



KEEP IN REGULAR CONTACT WITH LOVED ONES IN IRELAND

You've probably already explained to your older relatives how to use messaging tools like Viber & WhatsApp so that you can send free messages or set up a messaging group. Now show them free software like Zoom or Skype, so you can have virtual meals together, or facilitate them to spend time with the grandkids playing games like Hangman or Charades, telling stories about the olden days or reading a book together.



MAKE ROUTINES THAT WORK FOR YOU IN THIS CRAZY TIME

Stick to regular times for exercise, work, meals, contact with loved ones and leisure activities. This will have a positive impact on your feelings of uncertainty. If you have kids, help them make a giant timetable of your family's weekly schedule which they can decorate.



BUILD IN FUN

Work out new ways to do the things you and your family love. Gym junkie? Try free fitness apps like Nike Training Club or stream live fitness classes being offered during the pandemic like Online KIC Gym. Love reading? Audio books are a great alternative - Audible (stories.audible.com) has announced free access to certain audio books or you can join BorrowBox (www.borrowbox.com) from your local library account. Cooking is your heaven but ingredients limited? Supercook.com and Allrecipes.com.au allow you to search recipes by ingredient. Enjoy learning new skills? Massive Open Online Courses (MOOCS) are available for every subject – CourseEra, edX & FutureLearn are popular and often partner with universities to offer free courses.



OVERWHELMING STRESS?

If your stress and anxiety becomes overwhelming and you have a problem managing it seek assistance through your health professionals or use the Australian Government's HeadtoHealth.gov.au website to find the right digital mental health resources for your situation. If you need support as you do this you can call Claddagh's crisis line on 0403 972 265.

Publication date: 25/03/20

Since 1997 The Claddagh Association has supported members of the Irish community in Western Australia experiencing difficult circumstances. If you are in a crisis situation and need support please contact us using the details below



THE CLADDAGH ASSOCIATION | ABN: 66 492 752 195 | PO BOX 2740, MALAGA WA 6944
T: 08 9249 9213 | E: ADMIN@CLADDAGH.ORG.AU | WWW.CLADDAGH.ORG.AU |
FACEBOOK.COM/CLADDAGHWA | CRISIS LINE: 0403 972 265



Government of Ireland
Emigrant Support Programme
An Boinn Gnóthaí Eachtracha agus Trádála
Department of Foreign Affairs and Trade

Claddagh gratefully acknowledges Irish Government ESP funding for administration and project costs