CentacareCQ
A Ministry of the Catholic Diocese of Rockhampton

YouMatter
centacarecq.com

COVID-19 Self care in a changed environment

FACILITATATOR NOTES & RESOURCES

Notes are only added as a guideline.
Keep group engaged by asking questions. The questions added here are just a guideline.

Slide 1 - WELCOME

Welcome to CentacareCQ Covid -19 Self Care. This is one of part of a 3 part program that discusses, finances, self-care and coping with change due to covid -19.

Slide 2 – ACKNOWLEDGEMENTS & Intros

Acknowledgement and Introductions I would like to respectfully acknowledge the traditional owners and custodians of the land on which we meet and Elders past, present and Emerging.

Introductions- Introduce yourself, then get the participants to introduce themselves and maybe some of the things they feel during COVID-19

Action: Ask participants*: How is everyone feeling right now with covid-19? What are some of the things they find most difficult? Encourage participation.*

Note: **Not all people will be finding things difficult now. There may be people who enjoy things being less busy for them, having more time with family or even their alone time.**

Slide 3 – Guidelines - NO NOTES

Slide 4 – NO NOTES

Slide 5 & Slide 6 – Keep Perspective

NOTE: Interesting to share info: When astronauts travel into space and look at the earth they experience something called the "Overview Effect". An astronaut named Chris Hatfield circled earth 2,600 times. When he returned to earth his perspective changed and he said. "It's a matter of perspective. From one point of view our lives are much narrower that we care to believe. While being in isolation feels restrictive-and let's be clear it is-we really operate in a very limited portion of the world. I got to be as far away from the little room I was born than nearly anyone has. I was able to see the world for what it truly is. In time that perspective becomes a part of you."

Things are abnormal right now. There is this weird danger, a virus no-one is immune to. It does not matter if your Australian or an Intuit living in northern Canada, we are all vulnerable to the same thing. The beauty of it is , for one of the rare moments in history, the entire world has a common enemy, and we can have a common purpose and that's a immensely unifying thing.

Retrieved from https://wwwhrmonline.com.au/covid-19/psychology-isolation-covid-19/

Slide 7 – Media Overload - NO NOTES

Slide 8 - Exercise

Note: According to Harvard Health publishing (2009). 30 minutes of moderate exercise or 15 minutes of intense exercise a day for health is required. They suggest mixing daily activities with workouts and suggest stretching daily as well as strength training 2x weekly. Their suggestions for 30 mis daily are lawnmowing, washing the car, walking, and jumping rope to name a few. They also suggest if you want to exercise for weight loss to double this.

Health.harvard.edu/newsletter_article/how-much-exercise-do-you-need

Action: Ask participants if any of them practice this daily, if so, what are some of the ways they have integrated exercise into their daily schedule?

Slide 9 & Slide 10 - Exercise

Action: Ask participants if any of them have used the above suggestions, or do they use something interesting they could share with the group.

Slide 11 – Diet - NO NOTES

Slide 12 – Diet & Exercise

Note: Interesting Info : When stressed cortisol gives the body glucose by getting protein stores from the liver. If stress is elevated long term so is the cortisol which will create glucose, which means higher blood sugar levels.

The natural process is an individual is stressed, the adrenals produce cortisol and the body prepares for flight or fight giving energy to large muscles. The cortisol inhibits insulin and attempts to stop the glucose from being stored to use immediately. Cortisol narrows arteries and epinephrine increases heart rate and blood pumps faster. When the problem is addressed, levels return to normal.

The problem is if stress continues pancreas struggle to keep up with insulin demand, any visceral fats (stored near organs and stomach) have cortisol receptors. *Constant high glucose levels and insulin suppression means cells are starved of glucose, they need energy and send hunger signals to the brain. This is why we crave "comfort foods" ,Its best to maintain health by reducing stress and managing a good diet.*

Aronson, D. (2009). Todays Dietitian. *Cortisol: Its role in stress, inflammation and indications for diet therapy.* Retrieved from https://www.todaysdietition.com/newsarchives/111609p38.shtml

Slide 13 & Slide 14 - Sleep

Action: Ask participants how much they sleep.
Do they feel rested? If they have or had trouble sleeping, what have they found worked.

Slide 15 – Social Connection - NO NOTES

Slide 16 – Social Connection - NO NOTES

Slide 17 – Social Connection & Creation Conditions

Action: Ask Participants Questions.

What sort of new things they have tried for social connection?

Slide 18 – Mindfulness

Slide 19 – How to practice mindfulness

Action: Questions to Participants:

Do any of you use mindfulness daily?

What things have you found works for you when practicing mindfulness?

Slide 20 & Slide 21 – Fun things for wellbeing

Action: Ask participants if there is something that would like to add to the list or share with the group?

Slide 22 – Meditation & Reflection

Action: Meditation can be chosen by you. Attached are a couple of examples of Meditation on the Breath.

Ask participants how they are feeling after the meditation.

A MINDFUL BREATHING SCRIPT Start by settling into a comfortable position and allow your eyes to close or keep them open with a softened gaze. Begin by taking several long slow deep breaths breathing in fully and exhaling fully. Breathe in through your nose and out through your nose or mouth. Allow your breath to find its own natural rhythm. Bring your full attention to noticing each in-breath as it enters your nostrils, travels down to your lungs and causes your belly to expand. And notice each out-breath as your belly contracts and air moves up through the lungs back up through the nostrils or mouth. Invite your full attention to flow with your breath. Notice how the inhale is different from the exhale. You may experience the air as cool as it enters your nose and warm as you exhale. As you turn more deeply inward, begin to let go of noises around you. If you are distracted by sounds in the room, simply notice them and then bring your intention back to your breath. Simply breathe as you breathe, not striving to change anything about your breath. Don't try to control your breath in any way. Observe and accept your experience in this moment without judgment, paying attention to each inhale and exhale. If your mind wanders to thoughts, plans or problems, simply notice your mind wandering. Watch the thought as it enters your awareness as neutrally as possible. Then practice letting go of the thought as if it were a leaf floating down a stream. In your mind, place each thought that arises on a leaf and watch as it floats out of sight down the stream. Then bring your attention back to your breath. Your breath is an anchor you can return to over and over again when you become distracted by thoughts. Notice when your mind has wandered. Observe the types of thoughts that hook or distract you. Noticing is the richest part of learning. With this knowledge you can strengthen your ability to detach from thoughts and mindfully focus your awareness back on the qualities of your breath. Practice coming home to the breath with your full attention. Watching the gentle rise of your stomach on the in-breath and the relaxing, letting go on the out-breath. Allow yourself to be completely with your breath as it flows in and out. You might become distracted by pain or discomfort in the body or twitching or itching sensations that draw your attention away from the breath. You may also notice feelings arising, perhaps sadness or happiness, frustration or contentment. Acknowledge whatever comes up including thoughts or stories about your experience. Simply notice where your mind went without judging it, pushing it away, clinging to it or wishing it were different and simply refocus your mind and guide your attention back to your breath. Breathe in and breathe out. Follow the air all the way in and all the way out. Mindfully be present moment by moment with your breath. If your mind wanders away from your breath, just notice without judging it – be it a thought, emotion, or sensation that hooks your attention and gently guide your awareness back to your breathing. As this practice comes to an end, slowly allow your attention to expand and notice your entire body and then beyond your body to the room you are in. When you're ready, open your eyes and come back fully alert and awake.

Whole Health for Pain and Suffering: An Integrative Approach VHA / Office of Patient Centered Care & Cultural Transformation September 1, 2016 2 The breath is always with you as a refocusing tool to bring you back to the present moment. Set your intention to use this practice throughout your day to help cultivate and strengthen attention. Script written by Shilagh Mirgain, PhD, for UW Cultivating Well-Being: A Neuroscientific Approach

Meditation on the Breath Sit in a chair with the spine straight and supported and the feet flat on the floor. Or, you may lie down flat on your back. Do a simple check-in of your emotional state, your thoughts, and what you are feeling in your body. Just notice what is happening, without judgment or expectation. Let your body begin to relax, consciously releasing tension. Begin to follow

the breath. The stance for meditation and relaxation is always compassionate and curious, never judgmental or rigid. Notice the sensations as you take a breath in through your nose, inhale it through your throat, and into the lungs. Notice the sensations as the lungs expand to full capacity. Hold the breath for a moment, and notice how that feels. Then exhale slowly and completely, though the lips, and notice the release of tension in the lungs and rib cage. Pause briefly again before taking the next breath. Now, just allow your breathing be natural. Focus your attention on the subtle sensations of breathing. If you like, you may imagine that you are sending warm, healing energy to every cell in your body with every in-breath, and washing away tension, pain and left over emotions with each out-breath. Just allow yourself to relax into each breath. Your mind will probably wander after a few breaths. As thoughts intrude on your breath mindfulness, just notice them, label them as thoughts, and allow them to pass by unexplored, as if you were idly watching clouds float through a summer sky. Each time your attention wanders, just notice that and return your focus gently to your breath. If you like, you may add a "mantra" to this breath meditation. For example, on the in-breath you may silently say the word "CALM" and on the out-breath, the word "CLEAR" (any combination you choose that suggests relaxation and letting go is fine). Just continue to breathe, slow deep breaths, in through the nose and out through the lips, focusing on the sensations, and returning to the breath each time the mind wanders. Practicing this breath meditation has many advantages. Deep abdominal breaths cue the autonomic nervous system to relax. It is a very simple and effective way to relax the body quickly. It also allows you to notice what is happening in your body. It is helpful to discipline the mind to focus on a neutral or pleasant subject, rather than allowing it to be dominated by unpleasant, intrusive thoughts. Over time, you will gradually learn to focus and quiet your mind and calm your body by following your breath.

This resource guide was produced at the Trauma Center, with the funding of the Massachusetts Office for Victim Assistance (MOVA), under a federal Anti-Terrorism Supplemental Grant (ATSG), to aid Victims of and Responders to the 9/11 Terrorist Attacks. It is not intended to supplement professional support.

Slide 23 – Thank You - NO NOTES

Slide 24 - Resourses

Health Information about COVID-19

The focus of conversations and media over the past few months has been COVID-19. This can be overwhelming, and at times confusing if messages are conflicting. While information will develop and change over time, to keep pace with the progress of COVID-19, we encourage you to refer to evidence-based and reputable sources that are updated regularly.

- Australian Government Department of Health COVID-19 Alert: live health information website providing up-to-date advice, recommendations and announcements. If you are concerned you can also call the dedicated National Coronavirus Helpline 1800 020 080.
- World Health Organisation (WHO): provides international updates, advice and resources.
- People with Disability Australia: has information about the National Disability Insurance Scheme (NDIS) and coronavirus.
- Multicultural Health Communication Service: provides translated resources from the Australian Department of Health and other organisations.
- Australian Government Study in Australia: provides international students with the latest essential health, visa, education and living support information as well as mental wellbeing support lines.
- MBS Online (Medicare Benefits Schedule): provides information for healthcare professionals on the new temporary telehealth services created in response to the COVID-19 pandemic.
- Australian Commission on Safety and Quality in Health Care: have developed factsheets for consumers, carers and clinicians to help them choose a digital mental health service, particularly during COVID-19.

Mental Health Tips

The outbreak of COVID-19 and the significant media coverage may have you feeling concerned, anxious and uncertain. The following resources have been developed to support your mental health and wellbeing during this time.

- #InThisTogether The Commission has worked together with leading mental health organisations, experts and spokespeople to develop a national online conversation sharing practical tips to support the mental health and wellbeing of Australians during #COVID19.
- Coronavirus Mental Wellbeing Support Service is a dedicated website with information, advice and strategies to help manage your wellbeing and mental health during this time.
- WHO COVID-19 Mental Health Considerations for the public, health workers, parents and people in isolation.
- Head to Health have a dedicated landing page for mental health information to help you and your loved ones cope with feelings resulting from the coronavirus outbreak.
- Life In Mind and the National Mental Health Commission have developed a landing page consolidating resources available in to one spot. This will be updated regularly.
- RUOK? have shared a message on the importance of staying connected and how to recognise the signs that someone may be struggling.
- ReachOut have developed resources and practical tips to help young people look after their wellbeing during the COVID-19 outbreak, as well as specific tips for parents about how to talk to their teenagers about COVID-19.
- headspace have developed tips for young people on how to cope with stress related to Coronavirus.
- UNICEF Australia have developed resources to support teachers and parents in talking to children about COVID-19 as well as information on how employers can support working parents during the coronavirus outbreak.
- Triple P Parenting have a parenting guide during COVID-19 and a podcast to support parents.
- Emerging Minds have a video for parents on talking to children about disasters, traumatic events, or worries about the future.
- Macquarie University's COVID-19: We've Got This Covered! provides evidence-based information for Australian families and schools based on feedback from over 350 young people, parents and teachers.
- Phoenix Australia have tips for taking care of yourself and your family as well as for those that need to quarantine or self-isolate and when to seek help.
- Red Cross provides a range of practical advice to help look after yours and others health and wellbeing during the COVID19 pandemic.
- WHO Social Stigma Guidelines for COVID-19 outlines safe language to use when discussing and reporting on COVID-19 to avoid social stigma. For those reporting on mental illness, we encourage you to refer to the Mindframe Guidelines.
- SBS has Coronavirus health and mental health information for those that speak a language other than English.
- Gayaa Dhuwi (Proud Spirit) Australia provides advice and resources for Aboriginal and Torres Strait Islander people on emotional wellbeing and staying healthy during the coronavirus pandemic.
- My Business Health provide support to small businesses and family enterprises, giving you easy access to tools, templates and tips to manage stress and proactively engage with running your business.
- Ahead for Business provides information, programs and interventions that can help small business owners with planning, managing every day business stressors and taking action for mental health challenges.

Mental Health Support

Accessing support and staying connected is really important during this time. We encourage you to seek further support should you need it.

Online Support

- Beyond Blue have a dedicated COVID-19 online forum for people to share their concerns and connect online to support one another.
- ReachOut have online youth forums and online parents forums for COVID-19 offering peer support in safe and established online communities.
- SANE have an active online forum focused on unpacking fact from fiction about COVID-19 and providing self-care strategies.
- eFriend is a free virtual peer support service where you can access 6 sessions with the same peer worker to support your mental health and wellbeing.

24/7 Support Phone Lines

The below support lines are available 24/7 if you need to talk.

- Coronavirus Mental Wellbeing Support Line 1800 512 348
- Lifeline 13 11 14
- Beyond Blue 1300 22 46 36
- Kids Helpline 1800 55 1800
- MensLine 1300 78 99 78
- Suicide Call Back Service 1300 659 467

Call Back Service

- Red Cross COVID Connect is a free call back service (by registration via the website) from Australian Red Cross to provide support and community connection to people who are feeling socially isolated as a result of COVID-19. Note: This is not a service for people wanting assistance with their mental health or those who require assistance in a crisis.

You can also get help from:

- A local GP or health professional. For information about accessing telehealth services speak to your local GP and support team.

If you are currently impacted by the Bushfires, you can access immediate free counselling and additional supports by contacting Services Australia 180 22 66.

If you need emergency assistance phone 000 for police, ambulance or fire services.

Http://www.mentalhealthcommission.gov.au/News/2020/March/COVID-19-Mental-Health-Information