

# fact sheet

## COVID-19 AND MAINTAINING HOPE



SELF-CARE TIP Maintaing hope\_17.7.20

Just when you thought life was getting a bit easier and some normality was resuming, we have been hit with more COVID outbreaks. This was expected to some degree once restrictions were lifted, but the impact on our overall wellbeing is significant.

Anxieties are on the rise again; concerns persist around job security and peoples resolve is being tested. Never has there been a more important time to be united in all that we do, to be kind to each other and to focus on taking care of ourselves and our families. The huge losses we have all felt are so real and we need to help each other through it, knowing it will ease.

Perseverance, patience, endurance. All of these human traits are being put to the test. Our resources were slowly getting refuelled but now are getting depleted again as we are faced with more uncertainty. The thought of continuing routines etc with all the restrictions in place and planning anything beyond the next week can feel overwhelming. As parts of Victoria return to lockdown, this has increased the sense of unease and uncertainty within the community and has highlighted the need for us all to continue to support each other and look out for those in need of extra support.

How are you doing, those parents in lockdown? Home-schooling again or no childcare, and home for the school holidays. Limited social outlets and little time for self-care or time out to re-charge. We have heard different responses e.g. "no... not this again", "right... what can we do?" to "I am not sure how to get through this again" to "I need help".

### IN RESPONSE TO THE ABOVE, HERE ARE SOME IDEAS:

- What did you learn from the last lockdown and what worked for you and your family?
- Re-visit those strategies.
- What needs to change in how we do things this time?

- What can I do to gain strength? eg challenge negative thoughts, practice gratitude.
- What helped you maintain your sense of calm? eg limit social media/ TV, create some relax time, get outside every day for fresh air, breathe, address children's fears, keep some structure in your day, take care of yourself.

Research shows during isolation that: ensuring adequate supplies, reducing boredom, improving communication, finding safe online groups (such as the Gidget Virtual Village <https://www.facebook.com/groups/gidgetvirtualvillage>) and doing something for others (altruism) are all helpful survival strategies.

Do what works and be creative. Maintain hope and strength as we don't know what the future holds exactly, and uncertainty is hard to sit with. One of the most important aspects of life is maintaining connection to others, so do this as much as you can virtually. The intensity of feelings can be overwhelming so if it feels too much, and what you normally do to re-group is not working then please reach out to us at Gidget Foundation Australia. 🌸



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Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.