

## 8 THINGS YOU MIGHT BE THINKING ABOUT CORONAVIRUS



## AND SOME IDEAS THAT COULD HELP



Simple, practical tips for youth during the coronavirus (COVID-19) pandemic.

Developed by Anglicare's Youth Services

# 1

### **"Everything feels out of control"**

Then focus on the things you can control, instead! Start by drawing a circle on a piece of paper. On the outside of your circle, write down the things you can't control. On the inside of your circle, make a list of the things you CAN control.

Keep this piece of paper somewhere you can see it. Choose to focus your energy on the things you can control and think less about the things you can't.

# 2

### **"I will go crazy if I have to stay at home much longer"**

Then make time for some self-care... it looks different for everyone, but, basically, it's doing the things that make you feel good! Dance around the house to your favourite song on repeat, enjoy some DIY pampering, lie outside in the sun, make some fairy bread or pump out a workout.

# 3

### **"It looks like the world is falling apart"**

Don't let the news about coronavirus overwhelm you. Although it's tempting to spend hours checking for news updates and scrolling your social media feeds, too much will be harmful, not helpful. Pick a few trusted news sources, check them once a day and only spend 30 minutes online when you do.

# 4

### **"What does this all this mean for my future?"**

Just take it one day at a time. With so much changing in your life right now, there is a lot more for your brain to process than usual. Try to remember this when it comes to making decisions – especially big decisions – that affect your future. While you're feeling like this, it's really best to take each day as it comes.

# 5

### **"I can't sleep at night and I'm not feeling great"**

You'll find it harder to reach a calm state during this stressful time, but your body needs rest to stay healthy and function well... so, do what you can to help!

Get your body moving. Every day, get your heart pumping, work out your agitation – you'll be surprised by how well this will calm your mind!

Or, if that doesn't sound like you, keep your mind still. Spend some quiet time in prayer, journaling, or practicing mindfulness and breathing exercises. (Hot tip: these activities are especially good just before bed!)



# 6

## “What If my parents lose their jobs?”

When a family member loses a job, it can be stressful for everyone. While this problem is not your responsibility to solve, you might want to ask, “How can I help?” or, “What can I do to make your life easier at the moment?”

**People process stress differently. So, it’s important to give your family members the support or the space to work it out as they need. And if the stress is really affecting your home life, call one of these services for support:**

### **eheadspace**

[headspace.org.au/eheadspace](https://headspace.org.au/eheadspace)

1800 650 890

eheadspace provides free online and telephone support and counselling to young people aged 12 - 25 and their families and friends. eheadspace also has online group chats for young people.

### **Beyond Blue**

1300 22 4636

[www.beyondblue.org.au](https://www.beyondblue.org.au)

Beyond Blue provides 24/7 phone counselling as well as an online community forum.

### **Kids Helpline**

1800 55 1800

[Kidshelpline.com.au](https://Kidshelpline.com.au)

Kids Helpline provides free, 24/7 online chat or phone counselling for young people aged 5 - 25.

### **Lifeline**

13 11 14

[Lifeline.org.au](https://Lifeline.org.au)

[www.lifeline.org.au](https://www.lifeline.org.au)

Lifeline provides all Australians who need it with 24-hour crisis support and suicide prevention services.

### **Ask Izzy**

[askizzy.org.au](https://askizzy.org.au)

Ask Izzy is an online app that can help you find services you need, now and nearby. You can search over 360,000 services to find housing, meals, healthcare, counselling, legal advice and a whole lot more.

### **Family referral Service**

[www.familyreferralservice.com.au](https://www.familyreferralservice.com.au)

Family referral service will listen to your needs and refer you to the right service.

# 7

## “What about my exams and finishing the HSC?”

If you’re stressed about your studies, just remember, we’re all in this together! Every other student is facing challenges due to the coronavirus... and your teachers are doing their best to support you in this new way of learning. They want you to succeed. So, don’t be shy about reaching out for help when you need it.

# 8

## “I’m feeling scared”

Coronavirus is scary because it feels like we have no control. But the truth is, we are never in control - God is. And He is still in complete control through this coronavirus crisis.

Quarantine is hard, but God is good. And He has given us His Word to encourage us. Psalm 46:1 says this: “God is our refuge and strength, an ever-present help in trouble.”