

space

A Space to talk about..... the Coronavirus

Social media, newspapers, radio and television are all highlighting the coronavirus. What makes it news is that this particular illness hasn't affected us before. This means that there is much uncertainty around who might catch it and what might happen in the longer term. Uncertainty can cause anxiety as we can easily imagine the worst.

Anxiety is normal

Anxiety is a normal and necessary emotion prompting us to be alert to potential risks and to look after ourselves. There are many sources of anxiety ranging from the commonplace such as worrying about being late to the more serious forms of anxiety. The challenge for us all is to manage it. We need to be in touch with our anxiety but not overwhelmed by it. Something like the corona virus is bound to stir up worries.

If you are becoming concerned about it, you can remind yourself that most people who come down with it only experience flu-like symptoms and get better quite quickly. You can only catch it if you have been close to someone who has the virus. It is easy to spin into catastrophic thinking but in actual fact, in this country, we have health services equipped to deal effectively with illness and to treat it. The few who may die from it are usually the elderly or those who have a pre-existing medical condition. Research scientists all over the world are working on a vaccine for this virus. It is likely that it will soon be prevented by a simple vaccination.

What is Coronavirus?



- Symptoms: high temperature and a new, continuous cough. For up to date advice check 111 online on the NHS website.
- Wash your hands, use sanitiser gel if soap and water not available
- Cover your mouth and nose with a tissue or your sleeve when you cough, immediately put tissues in the bin and wash your hands afterwards
- Avoid contact with people who have symptoms, only travel on public transport if you need to, avoid social activities, avoid large groups of people.

We're in this together

Living in a big city such as London reminds us that we are all part of our community. Communities bring many advantages: we experience a sense of belonging, we can look out for each other and we can share the ups and downs of everyday life. We value and respect our community through taking responsibility for ourselves and others. In practice,

this means when a risk arises such as the new corona virus, we protect ourselves and others by following the advice below:

CORONAVIRUS COVID-19

Social Distancing

AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

Just some of those who are vulnerable that these measures could help:
Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

totalhealth
TRUSTED LOCAL CARE

World Health Organization

Helpful Tips

- Give your children clear and simple explanations of what is happening
- Reassure them about school work and exams - keep things in proportion
- Have a routine and stick with it
- Help your children use school work to contain anxieties
- Involve teenagers in helping to occupy younger children - appealing to their more adult aspects
- Allow young people and ourselves to be child like at times - this is a normal response to uncertainty and anxiety
- Be patient and understanding and show self-compassion too
- Find occupations - write letters/emails, send cards, pictures etc to older relatives, re-establishing board games, getting involved in household tasks - meal planning, cooking, etc
- Find ways to use up energy
- Try to keep a sense of humour and for teenagers and encourage an awareness of the contribution to the 'greater good'
- Ensure that all have some privacy
- Monitor time on line
- Clear out personal spaces and re-arrange belongings
- Limit adverse news broadcasts
- Find ways to relax and make time for enjoyment

Support is at hand

As none of us have experienced Coronavirus before, we are bound to feel some anxiety about it. This is a normal response. If you're feeling unusually worried, share your concerns with school staff. You can also ask if your school can arrange a telephone conversation with someone from A Space.

A Space for Support is offering telephone counselling to a number of schools. This gives parents/carers and children the opportunity to explore what's making them most anxious including how coronavirus is affecting them and family life in general. If A Space telephone counselling isn't offered by your school, there are other sources of help which we have listed below:

USEFUL CONTACTS

Parents Helpline - YoungMinds

<https://youngminds.org.uk/find-help/for-parents/parents-helpline>

The **Parents Helpline** supports **parents**, carers and those working with children and young people.

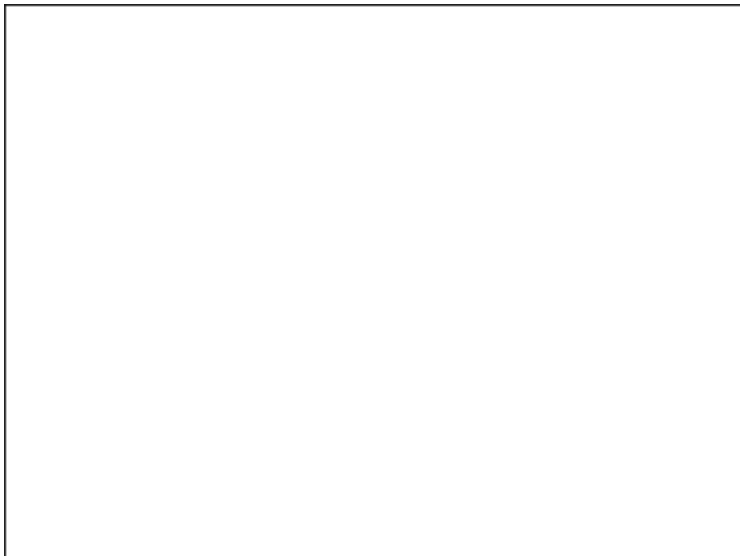
Parenting and Family Support - Family Lives (Parentline Plus)

<https://www.familylives.org.uk>

Parenting and family support from Family Lives (formerly Parentline Plus) is offered through our website, **helpline** 0808 800 2222, email service at askus@**familylives.org.uk** and local services.



<https://www.epi-win.com/all-resources/helping-children-cope-with-stress-during-the-covid-19-outbreak>



Stay positive!

MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

We are all in this together however there is an end in sight. Schools will re-open and life will return to normal. In the meantime, stay in touch with your family and friends and with school. We can get through this if we support each other and stay positive! **Warm wishes from the A Space team.**