

COVID-19

UNMASKED



Supporting your mental health and wellbeing

The COVID-19 pandemic has created a lot of changes and many challenges for parents and carers. Most parents report feeling stressed at times. This is normal. Sometimes this stress can become overwhelming and start to affect your emotions, behaviour, and different areas of your life.

Signs that you may be struggling to cope include:



Feeling irritable and being snappy towards others



Worrying more than usual or having difficulty controlling worry



Having trouble sleeping



Not enjoying the things you used to



Experiencing low motivation, mood or energy most of the time



Finding it difficult to wind down



Withdrawing from family and friends



Drinking more alcohol or using other drugs to help you relax

Children **THRIVE** when their parents are thriving too.
 Prioritising your own mental health is crucial for your own wellbeing and your family's.

It's important to:

NOTICE

the signs that you might be feeling down or overwhelmed with stress or anxiety.

RESPOND

by being kind to yourself. Be realistic in your expectations.

TALK

about your feelings regarding COVID-19. This may be with your partner, friends or colleagues.

CONNECT

with your social supports. Find time, however brief, to enjoy the company of your favourite people.

PRIORITISE

guilt-free 'you time'. Incorporate self-care, relaxation or physical activity into your daily routine.

BE AWARE

that emotions like worry and sadness can be overwhelming. Try sitting with these feelings until these ease.

TAKE

a few moments to get some fresh air, a shower, a cup of tea or do a brief mindfulness exercise.

REACH OUT

for support from a health professional if things are not getting better or affecting your daily activities.

