



SUCCESS THROUGH PEOPLE

# Helping You Survive Lockdown and Homeschooling

Presenter: Dr Michael Carr-Gregg

## EVENT SUMMARY

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27 October 2021



# › Impacts of the COVID-19 Pandemic



## Work-Life Impacts

- Loss of jobs and income
- Remote Learning
- Shared work-spaces
- Lost rhythm and structure
- Significant reduction in commitment to work, focus and motivation
- Monotony ('Ground Hog Day')



## Social Impacts

- Missing out on rites of passage
- Isolation
- Missing out on important events. (birthdays, weddings, funerals, Year 12 "lasts" etc)



## Emotional Impacts

- Anxiety and fear as a result of uncertainty
- Loneliness
- Languishing (feelings of stagnation and emptiness)

A chronic condition that feels like you're looking at life through a fogged window. Feelings of stagnation/emptiness/muddling through.

Languishing builds over time, so you might not easily notice your drift into this state.



Languishing is present when there is an absence of wellbeing and can potentially be a precursor to mental health problems.

## › Address Your Needs First – How to Reduce Your Own Stress



*In order to look after those around you, address your own needs and stresses first. (Put your own oxygen mask on before you help others)*



### Tips to reduce your stress & de-escalate your nervous system:

- 20 second hug (works equally as well with a person or pet)
- Stop and breathe – calm your breath, calm your mind (Breathe “Reach out breath” app (free) – put finger on phone button)
- Do something creative
- Stay connected – phone, text, social media. Avoid isolation!
- Move your body - outdoors



### If parenting alone...

- Create a mental space for yourself
- Send the children to school for a few days (if you can)
- Ensure you take a break
- Meet others at a park
- Use digital babysitters (e.g. someone who can read a story to the children – even over Zoom)

## > The 7 "BIG" Wellbeing Tips

*eat*

Healthy Eating



Technology Break

*Plan*

Plan for the Future

*routine*

Structure the Day

*sleep*

Get Enough Sleep



Contact with Friends

**MOVE**

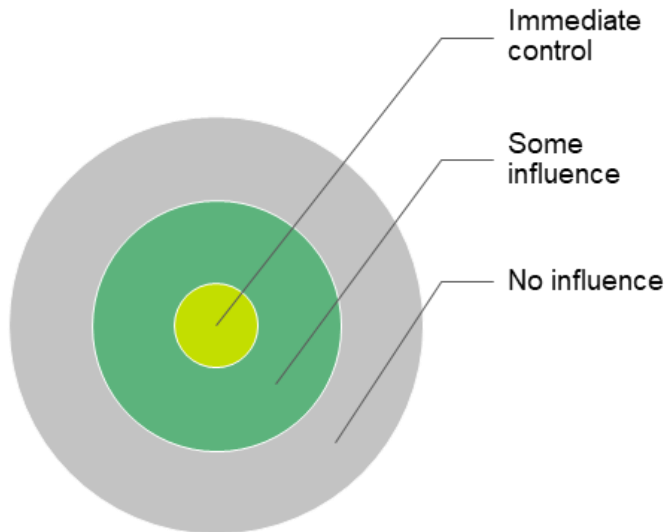
Exercise



# › Psychological Strategies to Share With Your Family

## Covey's Circle of Control

Focus on what you can control and let go of the things you can't.



## Leaves on a River

Put your unhelpful thoughts and worries on a leaf and watch as it floats away, down the river.



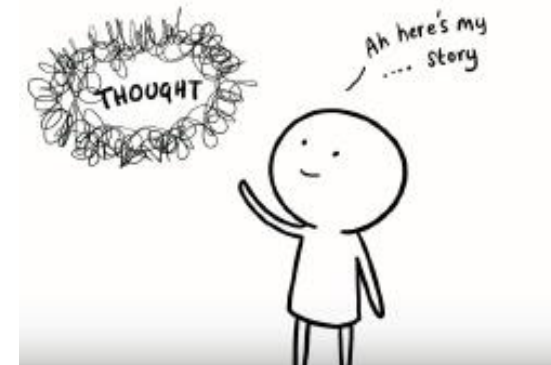
## Bus Ride

Don't get on the bus with unhelpful messages, wait for the next one with a more positive messages.



## Name Your Thoughts

Instead of getting caught up in the negative stories our mind keeps telling us, we can **notice** them and **name** them.



## › Tips for Families in Lockdown



- ✓ Set the tone and remain optimistic
- ✓ Define what would make a good day together
- ✓ Eat healthy meals
- ✓ Include children in household tasks
- ✓ Ask the kids how they feel – “Help me understand what you are feeling”
- ✓ Stick to a routine
- ✓ Stay hopeful
- ✓ Remind them they are not alone
- ✓ Be understanding and reassuring
- ✓ Seek out uplifting activities
- ✓ Encourage contact with peers
- ✓ Step away from the technology
- ✓ Maintain parenting principles: Sets limits & boundaries, be kind, stick to routines
- ✓ Speak positively and problem solve together
- ✓ Keep the lines of communication open and answer the questions as well as you can
- ✓ Get creative – creativity is as good for stress as physical exercise
- ✓ Prioritise wellbeing over academic success

Parents, remember to manage your own well-being and state of mind!





## › Tips Specific to Teenagers



**Teenagers may find lockdowns particularly hard because they want to be focusing on:**

- Negotiating relationships
- Achieving independence from parents and other adults
- Developing their identity
- Acquiring skills for their future economic independence

**How can we support them in lockdown?**

- ✓ Work out their "why"
- ✓ Put a timer on (for focused work)
- ✓ Celebrate the wins
- ✓ Play music
- ✓ Give them space
- ✓ Encourage them to have some kind of routine
- ✓ Encourage them to be active
- ✓ Encourage them to reach out to friends and stay connected via social media. The greatest predictor of wellbeing is a rich repertoire of friends
- ✓ Make sure they know support lines they can use to talk to someone
- ✓ Relax with school expectations. Focus on mental and physical health WITHOUT giving up entirely (especially for Year 12 students). Nurture them through the next 12 weeks.

## › Tips Specific to Young Children



- ✓ Develop schedules and routines
- ✓ Provide play opportunities at home
- ✓ Family physical activities (parkour, treasure hunts, obstacle courses)
- ✓ Cook/Bake
- ✓ Boardgames
- ✓ Plant a vegetable garden
- ✓ Learn a new language



## › Signs of Trouble That Parents Can Look Out For In Children



Irritability



Sleep Disturbance



Appetite Change



Withdrawal From Peers



Decline in Usual Spark

## › Useful Resources



For kids experiencing anxiety

<https://emergingminds.com.au/resources/brave-anxiety-online-treatment-program/>



<https://moodgym.com.au/>



For adults (ANU)

<https://ecouch.anu.edu.au/welcome>



<https://foodandmoodcentre.com.au/>

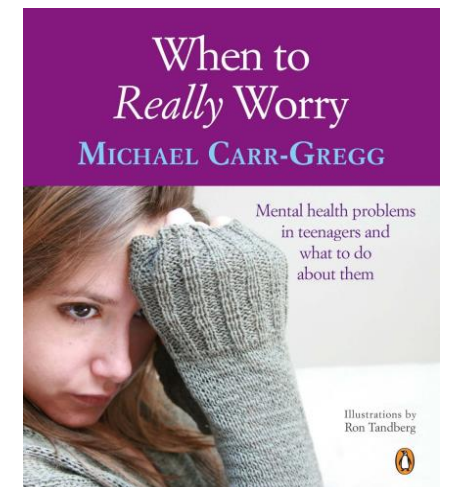
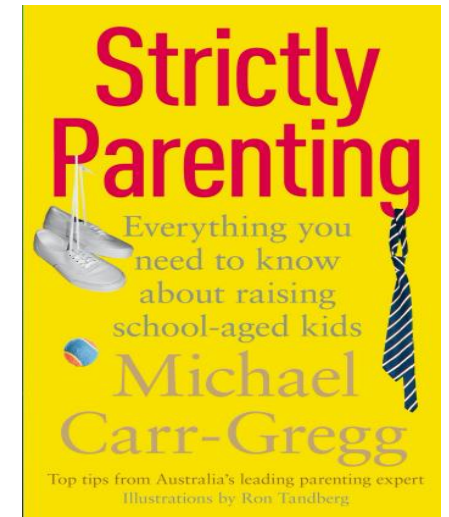


Three Good Things

In the App Store



<https://www.smilingmind.com.au>



## > Helplines

### AUSTRALIA

#### **Lifeline** (for all ages)

Ph. 13 11 14 - Available 24/7

Chat online at [lifeline.org.au](https://lifeline.org.au) - Available 7pm-12am AEST

#### **Kids Helpline** (for ages 5-25)

Ph. 1800 55 1800 - Available 24/7

Chat online at [kidshelpline.com.au](https://kidshelpline.com.au) - Available 24/7

### NEW ZEALAND

#### **Lifeline**

Ph. 0800LIFELINE (0800 54 33 54)

Text HELP (4357)

#### **Youthline**

Ph. 0800 376 633

Text 234



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**Dr Carr-Gregg is available for inhouse company presentations. Contact your local Steople office should you wish to book a session.**

Thank You

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## Questions



**Transitioning to the new normal: Advice for parents in the current phase of the pandemic.**

**Dr Michael Carr-Gregg**

You are invited to give feedback about this session by using this QR Code

