

# Unlock WIZARD

COVID-19

CCI  
SPECIAL

**Changing  
Mindset &  
Coping  
Strategies  
During COVID**

**It's time we take  
mental health  
seriously**

**It is easier to build strong children  
than to repair broken men**

*Frederick Douglass*



**#39  
ENGAGE  
SERIES**



**Don Bosco National Forum for the Young at Risk**

**The mindset and the approach we have towards life helps us in coping and overcoming all difficulties of life.**

**The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19.**

**Therefore changing our mindset to a positive approach with support of effective coping mechanism can help us deal with the situation without mental stress and stigma.**

**Its time we fight back COVID and stay strong mentally and physically.**

**In case of severity don't hesitate to contact a psychologist for help and diagnosis.**

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# CHANGE YOUR MINDSET DURING COVID-19



Instead of thinking:

Think:

I am stuck in the house.



I am safe in my home, spending time with my family.

I am going to run out of food.



I am prepared with everything I need for now and will plan to use items wisely.

I am scared that I will get sick.



I will do everything in my control to keep myself and my family healthy.

This will never end.



This will pass and I will have a newfound appreciation for things I once took for granted.

Everywhere is closing. How will I get the things I need?






Essential places, like the grocery stores, hospitals and pharmacies, will remain open.

This is ruining all of my spring plans.



It is what it is and beyond my control. I will reschedule when I am able to.

# What Kind of Mindset Do I Want to Have During COVID-19?

 Problem	 Fixed Mindset	 Growth Mindset	 Innovation Mindset
Covid-19 is making people sick all over the world.	I am scared and worried about what is happening. It is out of my control.	I can stay well-informed about the situation to understand how it impacts on me and my family.	I can use the information I learn to make the most of this situation.
Schools are closed and children are learning from home.	I can't learn if I can't go to school.	I can keep learning if I put in the effort and stay motivated.	I have a unique opportunity to learn new skills and try something I've never done before.
We are all being asked to practice social distancing.	I have to stay indoors and do nothing.	I can find new ways to do things if I try.	Social distancing gives me the opportunity to help people do things differently.
We can't do activities in groups.	I can't see my friends or do fun activities with them.	I can stay connected with my friends if I put my mind to it.	I can help people stay connected using technology in innovative ways.
There are many problems caused by Covid-19.	The problems are too big for me to solve. I can't help.	I can help solve problems if I work hard and learn from others.	I can design a solution to a problem caused by Covid-19.



# PSYCHOLOGICAL COPING DURING A PANDEMIC

Novel and unfamiliar threats provoke anxiety and even unrealistic fears and racism. Social distancing, effective communication, and public health measures are realistic lines of defense. You can also take steps to manage your own stress.

## 1 LIMIT MEDIA CONSUMPTION

to just enough to stay informed. Take time for yourself, or spend time with friends and family doing things you enjoy.

## 2 AVOID DISCUSSIONS ABOUT THE EVENT

if they have the potential to escalate to conflict. Be cognizant of the frequency with which you're discussing the news.

## 3 REMEMBER THAT LIFE WILL GO ON

People have always survived difficult life circumstances. Avoid catastrophizing & maintain a balanced perspective.

## 4 BUILD YOUR RESILIENCE

We can learn to adapt well to stress - how have you coped with stressors before? Add resilience tools to your tool bag to manage life's adversities.



## **5 KEEP CONNECTED**

Maintain your social networks where possible (even via social media and telephone).

## **6 KEEP THINGS IN PERSPECTIVE**

Our government needs to prepare for possible worst-case scenarios to protect us. We, however, do not need to expect the worst.

## **7 HAVE A PLAN**

How would you respond if you or a loved one were diagnosed with COVID-19? Developing contingency plans can lessen your anxiety.

## **8 WHEN TO SEEK PROFESSIONAL HELP**

Contact a psychologist if you feel nervousness or sadness adversely affecting you, or if you are struggling with daily activities.



# 10 WAYS TO BOOST YOUR MENTAL HEALTH



## CHALLENGE THOUGHTS

Challenge negative thoughts that come into your mind. Learn how to problem solve effectively



## SHARE THINGS

Don't be afraid to share things with your family or friends.



## WORK ON YOURSELF

Make sure that you take some time to work on your own well being



## SET GOALS

Set goals that you want to achieve. Be proud of yourself when you achieve your goals



## HEALTHY BODY

Look after your body as well as your mind. Nutrition plays a large role within this



## EXERCISE

Exercise is great for helping to boost mood, increase well being and reduce stress and anxiety



## MANAGE STRESS

Take time to learn some coping strategies that can help you to deal with stress



## RELAX

Find time to relax. Make sure that you dedicate some time each week for yourself. Meditate, try yoga or practice deep breathing



## TALK TO SOMEONE

Don't be afraid to talk to someone about any issues that you might be experiencing. Make sure that you seek the right advice



## SLEEP

Make sure that you are getting a good amount of sleep. Get into a regular pattern

# SELF-CARE DURING A PANDEMIC

## Set up a daily routine

This can provide some much-needed structure to your days. Try to go to bed and wake up at the same time every day. Create a routine that works for you.



## Practise Gratitude

It is easy to get overwhelmed by all the worrying news surrounding us. Create a little time during the day to focus on the positives in your life, through journaling or simple reflection.



## Eat healthy, well-balanced meals

This is a good time to try new recipes and get creative with your cooking. Maintaining regular meal times is also helpful for your health and general well-being.



## Make Time to Disconnect

Make some time during the day to disengage from the news and other activities. Use this time to rest and recover your energy.



## Pick up a hobby

If your schedule permits it, engaging in a new hobby like reading, knitting, playing fun board games, or cooking can act as a great stress-buster.

## Stay Connected

Humans are social creatures and engaging with others is really important for our emotional health. Apart from phone and video calls, online hobby classes and social media can also help you stay in touch.



# SAY NO

## TO SOCIAL STIGMA

Faced by COVID-19 Survivors



Survivors often suffers from anxiety, **stress & trauma** due to social stigma



It is **unscientific & inhumane** to isolate people post recovery



It is **safer to interact with a person** recovered from COVID-19



A recovered person can **no longer spread the virus**



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**6 recommendations for  
dealing with stress during  
the COVID-19**



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**Managing Fear, Anxiety  
and Stress with the  
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**Covid 19: 5 Positive  
Mindsets to Have**



### KEY WORDS TO SEARCH

1. Hope to cope with COVID anxiety?
2. How to self instruct oneself for positive thoughts?
3. How to cope with social stigma with COVID?
4. How to support a family member with COVID?
5. How to give mental support to children a COVID time?

*Children are not things to be moulded, but  
are people to be unfolded*



I do not fear at all what men  
can do to me for speaking the  
truth. I only fear what God  
would do if I were to lie.

**- Don Bosco**



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