

CORONAVIRUS & WELL-BEING

Tips for Self-Care

- Eat well and stay hydrated
- Keep Active – try and get fresh air and sunlight (think about keeping a window open). Jesus took himself and his disciples away (**Lk 5.16**)
- Find ways to relax and be creative – e.g. music, writing, arts and crafts, colouring, mindfulness, meditation, PRAYER!). Fill your mind with healthy thoughts and there will be less space for troublesome thoughts, **Col 3.1-3**.
- Stay connected with the news but be careful what you read and where you get news from. Beware scare stories from dubious sources.
- Limit social media use especially if you notice it makes you more anxious or confused.
- If you suffer with **heightened anxiety and/or panic attacks** plan a ‘safe space’ in your home to go, practice breathing exercises, or you may find comfort in distracting games or puzzles, or call a family member or friend.¹
- Try connecting with a friend and TALK when you are experiencing difficult emotions

Tips for Helping Others

- Stay in touch – phone call, text, video call – helps the person to feel remembered, valued, loved and encouraged
- Give them TIME – set aside a specific time and quiet space for people so that you can really listen to them, share and encourage, using any of the mediums above
- LISTEN to them – at this time people are experiencing all sorts of different feelings. Take time to listen to them, which means letting them speak. Validate their feelings and reassure them you are there for them.
- Don’t try to fix people or the problem – if someone is expressing difficult emotions like anger, guilt, frustration, disappointment, despair, bear with them. ‘Carry each others burdens’ **Gal 6:2**
- Do not judge – help people feel they can be honest about their feelings, then they can move on, otherwise they may feel shut down **Mat 5:7; 7:1**
- Do not collude – you do not have to share the same feelings or agree with their actions to make them feel supported - just listen
- PRAY TOGETHER – prayer can draw us closer and reveal an aspect of someone’s heart (their insecurities, fears, hopes and dreams etc.) that you may not have otherwise been aware of **John 13:34; Phil 4.6-8**.

“Above all. Love each other deeply, because love covers over a multitude of sins.” 1 Peter 4:8

Joan Mankoo : April 2020
(edited by Malcolm Cox)

¹ Some apps people have found helpful: Headspace; Calm; Feeling Good; Abide