



## Educational Psychology Services

### COVID-19 Support

# Self-Care and Support for Adults

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Bringing positive change and growth from the application of psychology  
through innovation and excellence

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Adults need to attend to their own well-being before they can effectively support others.

Remember that everyone responds differently but it is likely that we are all experiencing reactions to the current situation and these could be emotional (overwhelmed with sadness), physical (sleep problems), behavioural (being impulsive), cognitive (worry and over thinking) and existential (questioning the future).

It is normal to have a range of responses and feel up and down in your mood. The way we think about our situation and our beliefs impact our feelings and behavior and this can become a vicious cycle.

It is helpful for adults to recognize their responses, accept their feelings, look after their own well-being and avoid burnout.

This situation is challenging and we all need to adapt and take care.

The Five Ways to Well-Being can be useful:

- **CONNECT** – stay in touch with supportive friends and family and seek help. Take time to talk as this helps to process your thoughts and feelings
- **BE ACTIVE** – look after your physical health by following advice, eating well and taking exercise – have fun whenever possible. Start the day with a plan, take control by having a routine and actively controlling your environment
- **KEEP LEARNING** – don't pressure yourself if you don't feel like learning new things but think about your reactions and what

- triggers them; learn about yourself and what is helping you to adapt. Focus on hobbies you enjoy when you can
- **HELP OTHERS** – do what you can in this situation – maybe call or message someone. If you are helping others all the time, take time to reflect on the good you are doing
  - **TAKE NOTICE** – limit your exposure to news and social media and notice how this makes you feel. Check in with yourself and notice your breathing. Explore Mindfulness as a coping strategy

If you do these things for yourself you will be more aware of others and able to support them.

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The Educational Psychology Service can provide consultation, guidance and resources remotely as part of their critical incidents response or schools commissioned work – email your link EP or [VLadmin@childrenfirstnorthamptonshire.co.uk](mailto:VLadmin@childrenfirstnorthamptonshire.co.uk) to discuss. Below are the best sources of support that we have found. There are strategies and guidance for those who might be more anxious and struggling to cope.

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[Coronavirus and your wellbeing | Mind, the mental health charity](#)  
[| Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty - Psychology Tools](#) | [Teacher Resilience during Coronavirus](#) | [Action for Happiness - COVID 19- How to Respond Constructively](#) | [Coronavirus - Adams Psychology Services](#) | [Guidance for the public on the mental health and wellbeing aspects of coronavirus \(COVID-19\) - GOV.UK](#) | [Calm - The #1 App for Meditation and Sleep](#)

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help

observe

consult

assess

focus

advise

encourage

develop

appreciate

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