COVID 19 AND MENTAL HEALTH

During an infectious disease outbreak, you might find these recommendations helpful:

- **Stay Informed.** Obtain current information from trusted sources.
- **Educate.** Follow and share basic information on hand washing and social distancing.
- **Limit media exposure.**
- **Anticipate and address stress reactions.** Keep in mind that it is normal to feel stress in relation to an infectious disease outbreak and be aware of signs of stress in yourself and your family members.

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It is normal to feel stress in reaction to infectious disease outbreak. Take step to minimize stress such as:

- Keep normal routines
- Take part in enjoyable activities
- Focus on positive aspects of your life
- Focus on things you can control
- Seek support from friends and family
- Engage in stress reduction techniques and physical activities
- When required talk to a Mental Health Professional

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Psychological tips for healthcare professionals and frontline workers:

- Meet basic needs: eat, drink and sleep regularly.
- Take breaks.
- Connect with colleagues.
- Communicate constructively: in an open, clear and positive manner.
- Contact family.
- Stay updated.
- Limit media exposure.
- Self check-ins: Monitor yourself for symptoms of stress/anxiety. Seek professional help when needed.
COVID 19 AND MENTAL HEALTH

During times of anxiety you might find the following anxiety management tips helpful:

- Focus on the worries/problems that you can address and control right now ("right now I can deal with…").
- Practice postponing your “hypothetical worries “ i.e. worrying about things that don’t yet exist, but things that might happen in the future.
- Although worries about the future might be causing you distress, realistically speaking you might not be able to address these issues right now in a practical way.
- Support will be offered in the long run, and you will be able to focus your attention on these bigger concerns down the road.

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