



PSYCHOLOGICAL INFECTION CONTROL DURING COVID-19

EMOTIONS and BEHAVIOURS can also spread like virus

STOP, BREATHE, and then THINK – slowing our breathing slows the stress cycle and re-engages our frontal lobes – then we can think.

Constant talking and thinking about the potential or actual challenges will feed our anxiety and worry

- **Keep up to date but don't Ruminare**
 - Have one or two reputable and reliable sources of information
 - Avoid constant checking on social media – especially Twitter
 - Avoid ongoing NEWS cycles on TV/ Newspapers

- **Take “Covid-19 free” breaks**
 - find other things to talk about during breaks
 - appoint enforcers
 - have a covid swear jar – it will buy next day's buns!

- **Have clear transitions between Home and Work**
 - Use the Pre-shift and post-shift Hope in Work & Joy at Home Checklists – available on HUB
 - The trust BWell website and app and Page Tiger have suggestions to help with sleep and emotional support

- **We all have different needs during stress**
 - Some need to know everything about everything
 - Others are overwhelmed by too much information
 - Define a minimum level of information needed by all
 - For those who want and need more info – establish other ways of sharing