



Mandurah
Psychological Services
Your EAP Team



Bunbury
Psychological Services
Your EAP Team



Julie-Anne Davies
Managing Director and Senior Psychologist

This month I would like to discuss the current situation regarding Corona Virus (COVID-19), as well as some simple tips to help stay happy, healthy, and safe during this time. Please feel assured that we are following all current health advice to ensure the health and safety of all our clients and staff.

At present, both our Mandurah and Bunbury sites are still operating normally, with face-to-face appointments, however if you are feeling unwell you may be able to have your session via telephone/video, please feel free to contact administration for further details. Please ensure you follow all current advice from the Department of Health to ensure the safety and health of yourself and your community.

If you believe you are struggling with your mental health or wellbeing, please consult with your GP or contact us here at Mandurah & Bunbury Psychological Services for an appointment with one of our qualified practitioners who will guide you towards better management of your mental health.

A Sense of Control

Managing Fear, Anxiety, and Stress

The current situation with the Corona virus does not only affect our physical health, but also emotional, economic, social, and psychological health.

Feelings of fear, anxiety, or stress are normal and natural responses in the face of challenging and uncertain situations. It therefore can be easy to worry and ruminate about things that are out of our control. However, it is not always helpful or useful to us. The more we focus and worry about things that are out of our control, the more likely we are to continue feeling fear, anxiety, or stress.

What can be more useful during these uncertain times is to focus on what is in our control, rather than out of our control.

What can we control?

Exposure to media coverage

Exposure to large amounts of negative information can increase our feelings of anxiety or stress. Being informed is important, but it can be useful to limit media consumption if it is causing unnecessary distress.

Access reliable information

Government and health agencies are a great way to get accurate medical advice and can help us maintain perspective and feel more in control.

Our own safety measures

Following health advice is something we can control to ease the effects of Corona Virus on our community. Wash your hands regularly, cover your face when coughing/sneezing, stay home if you are sick, and avoid close physical contact.

Talking to Children about Corona Virus

Children and young people

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to stick to the facts without causing alarm, and in a way that is appropriate for their age. It is important to listen to any questions they may have, to let them know that they are safe and that it's normal to feel concerned.

Help regulate emotions

Support children and young people to express their emotions so they feel listened to and validated. Explain that it's normal to feel a range of emotions during this time.

Support children and young people feeling stressed or anxious

Take extra care to notice and listen to children and young people during this time. This will give them the opportunity to explore their emotions and reach out for help. If you feel like your child needs extra support, contact your employer to check their eligibility for an appointment at either our Mandurah or Bunbury sites.

Focus energy in a positive direction

Encourage discussions and talk about what children can do to minimise the spread of coronavirus to help them feel more in control, for example practising good hygiene as explained by the World Health Organization:

- [Wash your hands frequently](#)

Clean your hands with an alcohol-based hand rub or wash them with soap and water to get rid of viruses that may be on your hands.

- [Maintain physical distancing](#)

Maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain the virus.

- [Avoid touching eyes, nose and mouth](#)

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth, this can then make you sick.



Tel: 1300 22 4636
www.beyondblue.org.au



Tel: 13 11 14
www.lifeline.org.au



Phone: 0417 968 569
 Fax: 9535 1682
 E: reception@mandurahpsychology.com.au
 Address: 22 Tuckey Street, Mandurah, 6210



Phone: 0447 713 200
 Fax: 9787 9474
 E: bpsadmin@bunburypsychologist.com.au
 Address: 3/27 Bonnefoi Blvd., Bunbury, 6230



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