

# STEOPLE

SUCCESS THROUGH PEOPLE

## Helping You Survive Lockdown and Homeschooling

Presenter: Dr Michael Carr-Gregg

### EVENT SUMMARY

---

31 August 2021



# › Impacts of the COVID-19 Pandemic



## Work-Life Impacts

- Loss of jobs and income
- Remote Learning
- Shared work-spaces
- Lost rhythm and structure
- Significant reduction in commitment to work, focus and motivation
- Monotony ('Ground Hog Day')



## Social Impacts

- Missing out on rites of passage
- Isolation
- Missing out on important events. (birthdays, weddings, funerals, Year 12 "lasts" etc)



## Emotional Impacts

- Anxiety and fear as a result of uncertainty
- Loneliness
- Languishing (feelings of stagnation and emptiness)



## › Address Your Needs First - How to Reduce Your Own Stress



*In order to look after those around you, address your own needs and stresses first. (Put your own oxygen mask on before you help others)*



### Tips to reduce your stress & de-escalate your nervous system:

- 20 second hug (works equally as well with a person or pet)
- Stop and breathe - calm your breath, calm your mind (Breathe “Reach out breath” app (free) - put finger on phone button)
- Do something creative
- Stay connected - phone, text, social media. Avoid isolation!
- Move your body - outdoors



### If parenting alone...

- Create a mental space for yourself
- Send the children to school for a few days (if you can)
- Ensure you take a break
- Meet others at a park
- Use digital babysitters (e.g. someone who can read a story to the children - even over Zoom)

› The 7 "BIG" Wellbeing Tips

*eat*

Healthy Eating



Technology Break

*Plan*

Plan for the Future

*routine*

Structure the Day

*sleep*

Get Enough Sleep



Contact with Friends

**MOVE**

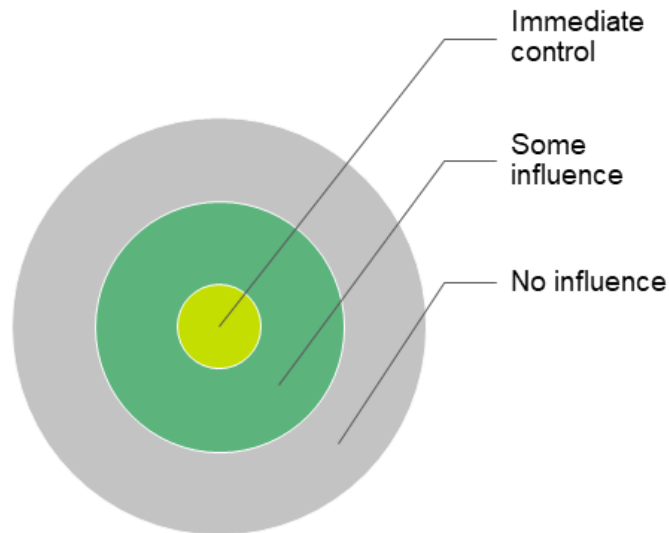
Exercise



# › Psychological Strategies to Share With Your Family

## Covey's Circle of Control

Focus on what you can control and let go of the things you can't.



## Leaves on a River

Put your unhelpful thoughts and worries on a leaf and watch as it floats away, down the river.



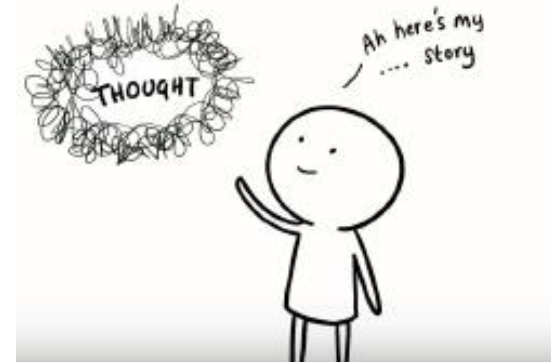
## Bus Ride

Don't get on the bus with unhelpful messages, wait for the next one with a more positive messages.



## Name Your Thoughts

Instead of getting caught up in the negative stories our mind keeps telling us, we can **notice** them and **name** them.



## › Tips for Families in Lockdown



- ✓ Set the tone and remain optimistic
- ✓ Define what would make a good day together
- ✓ Eat healthy meals
- ✓ Include children in household tasks
- ✓ Ask the kids how they feel – “Help me understand what you are feeling”
- ✓ Stick to a routine
- ✓ Stay hopeful
- ✓ Remind them they are not alone
- ✓ Be understanding and reassuring
- ✓ Seek out uplifting activities
- ✓ Encourage contact with peers
- ✓ Step away from the technology
- ✓ Maintain parenting principles: Sets limits & boundaries, be kind, stick to routines
- ✓ Speak positively and problem solve together
- ✓ Keep the lines of communication open and answer the questions as well as you can
- ✓ Get creative – creativity is as good for stress as physical exercise
- ✓ Prioritise wellbeing over academic success

Parents, remember to manage your own well-being and state of mind!



## › Tips Specific to Teenagers



### Teenagers may find lockdowns particularly hard because they want to be focusing on:

- Negotiating relationships
- Achieving independence from parents and other adults
- Developing their identity
- Acquiring skills for their future economic independence

### How can we support them in lockdown?

- ✓ Work out their "why"
- ✓ Put a timer on (for focused work)
- ✓ Celebrate the wins
- ✓ Play music
- ✓ Give them space
- ✓ Encourage them to have some kind of routine
- ✓ Encourage them to be active
- ✓ Encourage them to reach out to friends and stay connected via social media. The greatest predictor of wellbeing is a rich repertoire of friends
- ✓ Make sure they know support lines they can use to talk to someone
- ✓ Relax with school expectations. Focus on mental and physical health WITHOUT giving up entirely (especially for Year 12 students). Nurture them through the next 12 weeks.

## › Tips Specific to Young Children



- ✓ Develop schedules and routines
- ✓ Provide play opportunities at home
- ✓ Family physical activities (parkour, treasure hunts, obstacle courses)
- ✓ Cook/Bake
- ✓ Boardgames
- ✓ Plant a vegetable garden
- ✓ Learn a new language



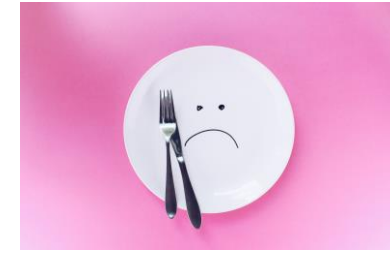
## › Signs of Trouble That Parents Can Look Out For In Children



Irritability



Sleep Disturbance



Appetite Change



Withdrawal From Peers



Decline in Usual Spark

› Useful Resources



For kids experiencing anxiety

<https://emergingminds.com.au/resources/brave-anxiety-online-treatment-program/>

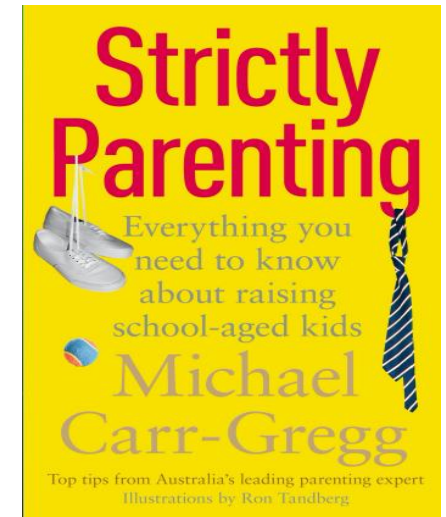


<https://moodgym.com.au/>



For adults (ANU)

<https://ecouch.anu.edu.au/welcome>



<https://foodandmoodcentre.com.au/>

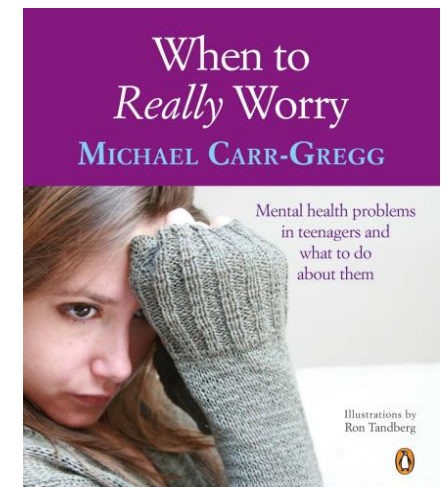


Three Good Things

In the App Store



<https://www.smilingmind.com.au>



## > Helplines

### AUSTRALIA

**Lifeline** (for all ages)

Ph. 13 11 14 - Available 24/7

Chat online at [lifeline.org.au](https://lifeline.org.au) - Available 7pm-12am AEST

**Kids Helpline** (for ages 5-25)

Ph. 1800 55 1800 - Available 24/7

Chat online at [kidshelpline.com.au](https://kidshelpline.com.au) - Available 24/7

### NEW ZEALAND

**Lifeline**

Ph. 0800LIFELINE (0800 54 33 54)

Text HELP (4357)

**Youthline**

Ph. 0800 376 633

Text 234



# STEOPLE

SUCCESS THROUGH PEOPLE

## Melbourne office

Level 11, 155 Queen Street  
Melbourne, VIC 3000,  
Australia

Phone: [+61 3 8256 1665](tel:+61382561665)

Email: [melbourne@steople.com.au](mailto:melbourne@steople.com.au)

## Sydney office

Level 6, 65 York Street  
Sydney, NSW 2000  
Australia

Phone: [+61 2 8014 5890](tel:+61280145890)

Email: [sydney@steople.com.au](mailto:sydney@steople.com.au)

## Canberra office

Level 1, The Realm  
18 National Circuit, Barton, ACT 2600,  
Australia

Phone: [+61 2 6103 0512](tel:+61261030512)

Email: [canberra@steople.com.au](mailto:canberra@steople.com.au)

## Auckland office

Level 26, PWC Tower,  
188 Quay Street, Auckland 1010,  
New Zealand

Phone: [+64 9 363 3875](tel:+6493633875)

Email: [auckland@steople.co.nz](mailto:auckland@steople.co.nz)

## USA office

Steople Group, LLC  
103 W Apache St, #101A  
Norman OK 73069

Phone: [+1 405 231 0940](tel:+14052310940)

Email: [info@steoplegroup.com](mailto:info@steoplegroup.com)

**Dr Carr-Gregg is available for inhouse company presentations. Contact your local Steople office should you wish to book a session.**

Thank You