

# COVID-19: Psychological Wellbeing

Prepared by Dr Coleen Cormack, Senior Clinical Psychologist,  
Cork Kerry Mental Health Services, 06.042020



## Help and Support

- COVID-19 is bringing unrivalled challenges for us as individuals, and as part of a wider Irish society. It is important that we all as individuals do what we can to look after ourselves and also each other as we try to effectively manage this evolving situation.
- If we want to check the facts then the best place to get information is from the HSE Website [www2.hse.ie/coronavirus](http://www2.hse.ie/coronavirus) or [www.HPSC.ie](http://www.HPSC.ie) where there are regular updates relating to COVID-19 in Ireland.
- We are all facing practical and emotional challenges right now and in an effort to assist with grounding ourselves in responding as effectively as we can, we have put together a series of help sheets to provide information and steps that might be helpful.

## 3 Bs for Calm

### 1. Breath



Breathing is the best way to bring calm to our minds and bodies.

- Keeping your mouth gently closed, breathe in and out through your nose so that your breath becomes naturally deeper. You will find your own natural rhythm.
- Try to make the outbreath longer than the in-breath..... breathing in for the count of 4 and out for the count of 6 or 8.
- Each outbreath sends a signal to your brain to calm the body down and give you space in your mind.

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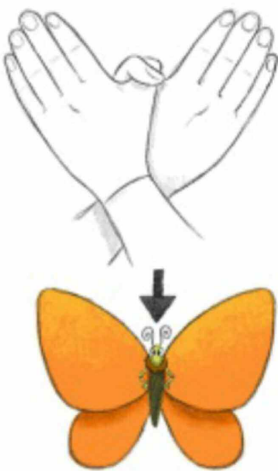
## 2. Body



When we feel stressed our bodies have too much energy due to stress hormones in our blood stream. Moving your body helps to get rid of this extra energy and releases feel good hormones.

Move in whatever way you can – walk, run, put on music and dance, do some jumping jacks, practice Yoga or Tai Chi, walk up and down the hall or the stairs, jog on the spot, jump on a trampoline, stretch.....

## 3. Butterfly Hug



Pleasant touch helps to settle our body when it is under stress. However, as we are being asked to stay 2 m apart and not to shake hands or hug we are missing out on an important need that we have as humans.

One way of settling your body is to give yourself a Butterfly Hug: With your palms flat and facing your chest cross your hands at your wrist, link your thumbs so that your hands now look like a butterfly.

Place your butterfly hands on your chest and gently tap back and forth by flapping the "wings" on your chest.

Do this for about 2 minutes and notice how it helps to slow you down and calm your body and your mind.

## Online resources

See 'Cork Kerry Community Healthcare' Youtube channel for our *5 Ways in 5 Days* series of support videos

Download our help guides at: [hse.ie/corkkerryhealthyireland](https://hse.ie/corkkerryhealthyireland)