



PINNACLE

PEOPLE SOLUTIONS

Fact Sheet

How to Cope in Case of a Second Lockdown

For the webinar associated with this fact sheet, visit

<https://www.youtube.com/watch?v=tsZG1KrvSI0>

Many are worried about the possibility of a second lockdown in NSW, especially having heard about further restrictions in VIC. It's challenging too because the novelty has now worn off so many people are now feeling quite helpless and anxious about what is to come. Many are also experiencing grief about what they're missing out on – all of these emotions are understandable. So, firstly, it's important that we all take the time to acknowledge and validate our feelings, reminding ourselves that we are not alone.

Here are some strategies that may help when coping in the case of a second lockdown:

1. Focus on the here and now, as predicting the future can bring about more anxiety. A good question to ask yourself is: "what can I control in this moment?" We can't control the government restrictions but we are in control of the decisions we make day to day. As an individual, it might be something like "can I take a moment to have a snack, or do some stretching right now?". As a business, it might be: "can I plan a staff meeting for my colleagues or employees to touch base?".
2. Find pleasure where you can. As an individual, ask yourself: "can I set aside some time for a walk/game/craft activity?". As a business, work out if there are novel ways to bring enjoyment to your day. Might look something like introducing a theme to meetings (e.g., 'pyjamas at work day') – we've trialled this at PPS and it's brought about many laughs!
3. Keep connected: if the idea of Skyping with family after spending your entire day on a computer feels exhausting, see if you can find another way of connecting with others. Might be an online game, phone call, text... You name it.
4. Reframing thoughts: if you're having defeatist thoughts like "I can't cope", see if you can reframe this to something like: "this time around I actually have past experience to fall back on that I didn't last lockdown". You might think about what you learnt about technology to engage with family and colleagues, or the new ways of doing business that you have now adapted to. Remember: if lockdown happens again, you know more this time. Reminding yourself of this may help to reduce the intensity of negative emotions.
5. Seek help if you're not coping. Engagement with Lifeline and Beyond Blue has increased significantly since the first lockdown, and psychologists and counsellors are there to support if you need it. Book in with your GP to discuss a referral – over the last few days, the government have introduced additional rebated sessions under Medicare to further support people during this time, so it's always worth a conversation. If you're a business owner, it might also be time to consider an Employee Assistance Program to support your employees with their mental health.

What do I do now?

- Consider each of the above points
- Reach out to PPS with any questions
- Consider reaching out to other local businesses for support in these areas

Need help? Contact Pinnacle People Solutions for tailored advice and support for your business by email to admin@pinnaclepeoplesolutions.com.au or call 1300 856 231

This information and advice is general in nature, based on our interpretation of current legislation and policy, and does not take into account your specific circumstances. You should consider whether the information is appropriate to your needs and seek professional advice if required.

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