



## EMPLOYEE SERIES

### Tips on how to manage your anxiety when a colleague or family member tests positive for Covid-19

-  **Take a breath!** When we are calmer our thinking becomes clearer, enabling us to respond to the stressor more effectively. When we calm our heart rate, we calm our mind, preventing our fear from taking over in the moment. When we are calmer our thinking becomes clearer, enabling us to respond to the stressor more effectively.
-  **Compassion and kindness.** Consider how the other person must be feeling. Simply ask them how they are feeling and what support do they need. If you are living with this person you may need to work out together a plan to cope with the disruption for the following weeks. E.g. isolation, healthcare needs, childcare, and time off work etc.
-  **Keep in touch** with the colleague or family member via email, text message or video calls to remind them they are in your thoughts and cared about.
-  **This is normal to feel anxious in this situation.** Therefore you should acknowledge your anxiety, and take steps to calm yourself, rather than be anxious about your anxiety.
-  **Focus on the facts.** It is known that many people will continue contract COVID-19 in the coming months and most people recover within 14 days. The Australian Health System is one of the best in the world and you are in good hands if you require hospital treatment.
-  **Respect their privacy.** It is their personal information to share, not yours.
-  **Identify the things you can control and direct your energy to those things.** You can't change the fact someone has COVID-19 but you can control 100% how you respond
-  **If you are worried because you've been in contact with a colleague or family member who has had received tested positive for COVID-19.** Seek professional health advice by calling the National Coronavirus Health Information Line 1800 020 080 or contacting your health provider. You can also visit the site:  
<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#1-13>

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website [www.accesswellbeingservices.com.au](http://www.accesswellbeingservices.com.au)



-  **Reduce your time on social media if you notice you feel anxious afterwards.** Stay informed with the right information visit: <https://healthywa.wa.gov.au/coronavirus> or Australian Government Department of Health <https://www.health.gov.au>
  
-  **Stay healthy.** Being resilient means taking care of one's body and mind, exercise regularly, take time for relaxing activities and maintain balance in one's life.

If you would like to speak to someone about how to cope with your anxious symptoms: Contact your EAP provider Access Wellbeing Services and ask for an appointment with a qualified counsellor via telephone or video meeting.

**130066 77 00** or email [admin@accesswellbeingservices.com.au](mailto:admin@accesswellbeingservices.com.au)

Or make an appointment with your General Practitioner.

*References:*

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#1-13>

<https://healthywa.wa.gov.au/coronavirus>

<https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/coronavirus-covid-19- looking-after-your-mental-and-physical-health/>

<https://www.psychology.org.au/COVID-19-Australians>

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