

Coronavirus (COVID-19): Managing your self-worth

TIP SHEET

Relationships Australia WA's education team have developed a range of tips to help support you during the COVID-19 outbreak. As a free resource, we encourage you to share this with your community.

Never before have so many of us faced the prospect of both enormous change and being alone at the same time.

It is not surprising to discover that so much upheaval can impact on our self-worth and confidence, which can leave us feeling vulnerable and fearful, impacting on how good we feel about ourselves.

Working on your self-worth is an inside job, which is good news given that you have so much more time to spend with yourself!

Here are some thoughts and suggestions to assist you in staying on top of your feelings of self-worth:

1. You are now in charge!

How good you feel about yourself comes from your belief in yourself, as well as the things you do in your life, and the time you spend with others. So the COVID-19 pandemic is tricky because now you are doing less of those things that make you feel good, and seeing less of the people that make you feel good. That puts a lot more responsibility back on your own shoulders to look after how you are feeling about yourself. This is an opportunity – as you are in charge of yourself, use this new found power for good!

2. Watch your language

We can be negative or positive in the way we speak. For example, you can be negative and say “I can't handle this isolation” or be positive and say “this isolation is challenging and different, but I can handle it”. Our brains are quite lazy and they tend to believe whatever we keep telling them. So choose “I will” and “I can” instead of “I won't” or “I can't”.

3. Choose your attitude

This really is all about choosing a different way to look at the same experience. Try to be accepting of the things that we can't change, such as isolation and distancing, and outings with friends or holidays, rather than attributing it all to our ‘bad luck story’. By accepting, rather than fighting against a situation, we can reduce the struggle and make more room for other new possibilities. This provides room to make decisions about who we want to be post-pandemic.

4. Avoid letting your feelings be your new boss

During difficult times when we 'feel' bad, we often behave badly too. However, we have options. Even when we feel sad or angry we can pause and decide to do things differently. Right now - why get out of bed in the morning? It is much easier to stay there with your difficult feelings. But this often leads to us feeling worse. Manage those feelings by getting up and behaving more positively. If you get up, get moving and get into action, better feelings tend to follow. The people we are isolating with will like it better too!

5. Get organised

Experience shows that getting organised gives you purpose and a sense of achievement, and achievement increases our feelings of self-worth. A schedule and to-do-list helps you to get things done and creates opportunity for success each day. Even small wins boost positive feelings! So get yourself a big piece of paper and start planning.

6. Look after yourself

The message to do this has never in history been clearer than now. Take some time to reflect on your diet, sleep, exercise and fun time. As repetitive and boring as this message may appear on the surface, its importance cannot be underestimated. Our physical well-being determines our emotional well-being. Our self-worth comes from our emotional well-being. Taking time for you has never been more important.

7. Focus on this moment

It is easy to look back at the times before the pandemic and wish for those times again - but this may leave us feeling angry, regretful and frustrated. We can also focus on the future when this is all over, but this too can leave us feel stressed, impatient and angry. Alternatively, by staying in this moment, we can come to understand that this situation, like everything, will pass too. We can come to appreciate that this is all that is asked of us right now.

8. Be nice to yourself and others

Never have so many been connected by one common experience. This is the best opportunity we will have to treat ourselves and strangers like we would a good friend - with kindness, acceptance and forgiveness.

As we journey through these challenging times, please reach out for support and connection amongst your community or if you'd like further support from Relationships Australia WA you can call us on 1300 364 277.

Our Education team will continue to facilitate Relationship Australia WA's seminars, workshops and courses face-to-face once government guidelines allow. You might like to like us on Facebook to keep up to date with support information and details of services we can offer during this time.

If you'd like to register your interest in attending a course on **Managing your Self Worth** once available, or any of our other courses, please email education@relationshipsaustralia.org.au or call 6164 0200.