 [](http://www.bwellbelfast.hscni.net/)

**PSYCHOLOGICAL INFECTION CONTROL DURING COVID-19**

**EMOTIONS and BEHAVIOURS can also spread like virus**

STOP, BREATHE, and then THINK – slowing our breathing slows the stress cycle and re-engages our frontal lobes – then we can think.

**Constant talking and thinking about the potential or actual challenges will feed our anxiety and worry**

* **Keep up to date but don’t Ruminate**
  + **Have one or two reputable and reliable sources of information**
  + **Avoid constant checking on social media – especially Twitter**
  + **Avoid ongoing NEWS cycles on TV/ Newspapers**
* **Take “Covid-19 free” breaks** 
  + **find other things to talk about during breaks**
  + **appoint enforcers**
  + **have a covid swear jar – it will buy next day’s buns!**
* **Have clear transitions between Home and Work**
  + **Use the Pre-shift and post-shift Hope in Work & Joy at Home Checklists – available on HUB**
  + **The trust BWell website and app have suggestions to help with sleep and emotional support**
* **We all have different needs during stress**
  + **Some need to know everything about everything**
  + **Others are overwhelmed by too much information**
* **Define a minimum level of information needed by all**
* **For those who want and need more info – establish other ways of sharing**

**Psychological Services**

**BHSCT**