

COVID and Kids

Reducing anxiety in children during the pandemic

Whether it's catching a glimpse of the news, at the shops or even in the playground at school, the mention of COVID is unavoidable. Children are constantly exposed to these messages. So while the grown ups in their lives try to navigate this ever changing situation, here are some tips on managing the topic of COVID with children.

Whilst it is natural to feel a heightened sense of concern and worry, there are actions you can take to support children's wellbeing: Let children know that tricky things can be discussed. Keep your language age-appropriate, especially when providing them with information i.e. vaccines.

For many, going to school in 2022 will involve their first COVID-19 vaccination. The topic is likely to come up at school, so have a conversation with your child before school starts. Reassure your child it's okay (and normal) to feel worried or 'different' during these times. Children use the people around them to judge safety – when you feel calm, so do your children. This is hard but understanding your emotions and how they might be seen by your child is a great first step. Remind children of times when they have managed difficult experiences/transitions, and how they got through.



RESILIENCE - WHAT DOES IT MEAN?

In a constantly changing and reactive work environment (even before the pandemic) we're urged to stay positive and keep up a cheerful disposition but sometimes things can be just awful. You may hear advice from people telling you "Everything will be fine", "look on the bright side", "stay positive! It could be worse". People who say these things no doubt have good intentions. But if statements like this are all you're hearing from others, that excess of positivity can be, well, negative.

This kind of encouragement and self-talk is so common that mental health experts have a name for it: toxic positivity. It can lead us think our experiences of stress and pain are not valid, that "it can always be worse". Learning the difference between toxic positivity and resilience therefore can help inform us how to look after ourselves when faced with misfortunes of life.

While cultivating a positive mind-set is a powerful coping mechanism, toxic positivity stems from the idea that the best or only way to cope with a bad situation is to put a positive spin on it and not dwell on the negative. Recognise

Toxic positivity

- Act like nothing is wrong
- Force yourself to be productive
- Gratitude at all costs
- Only positive emotions are allowed

Resilience

- Acknowledge and mindfully accept the situation you're in – be compassionate
- Take time to look after yourself
- Understand it is ok not to be ok (even if you are privileged in many ways)
- Remind yourself that you're capable of holding multiple perspectives about uncertain or troubling situations



that how you feel is valid, no matter what. It's okay not to be okay at times.

If you would like more info on this subject or to find out more about our Resilience training program, contact us on **1800 30 30 90** or email bss@bsspsych.com.au

Please call **1800 30 30 90** or **0800 820 035 (NZ)**
to book a face-to-face, on-site, telephone or video counselling session.



INTERNATIONAL WOMEN'S DAY

To celebrate international Women's Day on March 8, we asked one of our very busy FIFO Psychologists Eloise a few questions about her role at BSS.

How long have you worked at BSS?

"I will celebrate my 2 year work anniversary in March this year."



What is the most remote location you have worked at?

"For almost two years I have been doing an 8:6 roster in and out of BHPs Mining Area C 1.5 hours outside of Newman, WA. I have had the opportunity to see and experience many different areas of the mine including jumping in the digger, drilling holes in the ground, wandering around the plant whilst it's operating and becoming a beautiful shade of orange due to the red dirt."

What do you love about your job?

"I love the opportunity it provides to travel and work in places that I would not normally get to. The unique relationships I have been able to form with people onsite, living and working along side them, has been extremely rewarding. Doing an 8:6 roster has also given me a greater insight into the FIFO lifestyle."

Do you have a goal for 2022?

"Yes, to practice being more present and using my time more intentionally to maintain a healthy work/ home life balance."

Did you know 75% of the BSS team is female? These roles span across senior management, psychologists and support staff both in our West Perth offices and travelling onsite.

COVID IN 2022

Did you expect COVID-19 to still be a topic of discussion at the beginning of 2022? Maybe not, but here we are, still affected by a pandemic with no immediate end in sight. When the new variant came along, the way we lived, worked, and socialised changed again just when we had started to settle into a more predictable routine. For some of us, Omicron brought the old familiar feeling of uncertainty, heightened anxiety, and increased depression-like symptoms; challenging conditions we had in the past, successfully managed.

You are not alone in wondering when this terrible roller coaster ride will end. Possibly old patterns of negative thinking (e.g., "we'll never get back to normal") have been triggered. These thoughts can disrupt physical (e.g., sleep) and mental (e.g., worry, fear) wellbeing.

Whenever you notice this unproductive inner chatter, shift the focus to what is within your control; how much more you know about this virus and the resilience you have shown in times of adversity. COVID in 2022 offers us the opportunity to fine tune new routines, and to keep discovering novel ways of doing things. Remember, the international health community is working hard to contain the virus; hopefully it is only a matter of time before it happens!

TELEHEALTH AND VIDEO COUNSELLING SESSIONS

BSS Psychology offers counselling sessions via phone and online via Zoom. These options are alternatives to the traditional face to face sessions and are an excellent easily accessible option when faced with an urgent matter or are working with a FIFO roster. All you need is a phone or internet connection. To book a session, call 1800 30 30 90. BSS Psychology takes privacy very seriously, our privacy policy applies to all sessions conducted by our team.

DID YOU KNOW?



ONLINE PRESENTATIONS

Each session runs for 30-60 minutes and will be uploaded at 10am Australian Western Standard Time on the date stated and will be available for 5 business days. These sessions are available at no cost.

[CLICK HERE](#) A Vimeo link will take you to the current presentation that is available for viewing or simply search BSS Psychology.

THURSDAY
03
MAR
PARENTING TOOLS DURING COVID

MONDAY
07
MAR
INTERNATIONAL WOMEN'S DAY

THURSDAY
10
MAR
OVERCOMING 'WHAT IF' THOUGHTS THAT OCCUPY YOUR MIND

MONDAY
14
MAR
YOUR AMAZING BRAIN

THURSDAY
17
MAR
INTERNATIONAL DAY OF HAPPINESS

MONDAY
21
MAR
HELPING YOUR ANXIOUS CHILD

THURSDAY
14
APR
ATTRACTING AND RETAINING GEN Y TO YOUR ORGANISATION

MONDAY
18
APR
WHEN SOMEONE COMES OUT TO YOU

THURSDAY
28
APR
BURNOUT

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