



LIFE IN LOCKDOWN

ALEX & JANE - ALFRED HOSPITAL HTC TEAM

Most people in the community are living their lives somewhat differently.

It is amazing that although the pandemic is having a devastating effect in many ways many people are managing to keep a positive approach. However, all of us at times are facing complications; changes that we are having to adapt to, situations that we would rather not have, and interruptions to major lifecycle events. The World Federation of Hemophilia held an interesting webinar on the 4th of May "Stepping up and not stepping out". It provided some interesting insights and facts about haemophilia and COVID 19.

- At this stage it is understood that people with haemophilia are not at increased for having COVID-19.
- There may be some risk factors for the severity of the disease.
- It is highly unlikely that COVID-19 can be transmitted through plasma products, but this is being closely monitored.
- Looking after someone who has COVID -19 with a bleeding disorder is complicated.

PSYCHOLOGICAL ADVICE

Some of the ideas suggested are:

- Have a positive attitude.
- Reach out to others in ways that you can.
- Be careful not to do too much social media.
- Find ways to support yourself through boredom
- Take it one day at a time.
- Remember to celebrate the good things, and not always focus on the bad things.
- Try to be aware of the difference between helpful emotions and unhealthy emotions.
- "It's not the stress that kills us, it is our reaction to it" Hans Selye quoted by Richa Mohan from India.
- When you recognize the unhelpful emotions then you can use some different strategies to manage these emotions, try and shift your thinking, find something else to think about, ask for help from someone in your circle, or a professional. (The Social worker at the HTC is a good choice, but equally your GP can refer you for counselling, and the GP and the counsellor should be able to do telehealth if needed.)
- Keep a positive mindset. We know that this reduces the negative impact of the situation.

HOW CAN YOU KEEP A POSITIVE MINDSET, OR MANAGE YOUR REACTIONS TO THE STRESS AROUND YOU?

Everyone has some good stress management techniques, if yours don't seem to be working at the moment then there are a few things you can try

- Talk to your friends, family or colleagues
- Have a go at changing your attitude with how you talk to yourself (you can influence your own positivity a great deal).
- Recognize all the different feelings that you might be having, it's ok to feel whatever you feel, it's just what you do about your feelings that can cause you problems. If you don't let the feelings out, they can stay with you and cause you trouble.
- Try to name the different feelings. This is really powerful. Often once you name it you can address it for yourself. If it's not so straight forward, then try and understand them and give yourself permission to have these feelings. It might be a puzzle that takes some time to solve.
- There is no right or wrong with feelings, they are your own reaction to your situation.
- What ways can you find to express these feelings that don't damage yourself or others? Scrunching paper, throwing soft objects somewhere safe, writing, art, or craft, finding someone to talk to, for a start.

Link to WFH presentation about Covid 19 is available on the WFH website if you are interested.

<https://elearning.wfh.org/resource/stepping-up-and-not-stepping-out-a-nursing-and-psychosocial-perspective-to-covid-19/>

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