

## Mental Health Resources for Caregivers and People Looking To Help through COVID-19

Here are some resources for you, that you can use to navigate self-care while holding space for others. Please take your time going through the list and doing the activities. There is no rush. Your self-care is important.



### **1. How do I help others?**

The need to help in these times is real. Help can mean different things to different people. You could help by actively listening to people who need it, providing resources, wearing your mask and avoiding public places, staying safe for yourself and others, being a safe space for people to feel their feelings, offering empathy and more. Every form of help makes a difference. There is no judgment. You don't have to show up in all ways. Do only as much as you can.

### **2. How do I hold space for myself and others?**

We can't pour from empty cups. Allow yourself to give and do only as much as you have the energy to give and do. Allow yourself to take breaks, rest, revitalise and then give. This actively prevents burnout and you have more energy to offer effective help.

**You can check out this video for a grounding activity that will help centre yourself:**

<https://www.instagram.com/tv/CODGrItD3nr/?igshid=332iudf8vq9d>

### **3. Am I contributing to the chaos?**

Be aware of the content and information that you consume and share. Often, you're consuming the same content over and over on multiple platforms and groups and this can lead to overwhelm. Take breaks from active posting. Take time away from gadgets and connect with being mindful.

**You can check out this video to creatively express yourself and your emotions:**

<https://www.instagram.com/tv/CBVnJlfgyGi/?igshid=h5s8bogwae19>

### **4. How do I find the balance?**

Your needs are as important as other peoples' needs. Allow yourself to meet your needs as much as you make space for other people. There is no guilt and shame to focus on what you're going through. We are all experiencing grief and trauma and we need to acknowledge that our experiences, whether direct or indirect take a toll on us.

**You can check out this video to start saying 'No' without the guilt trip:**

<https://www.instagram.com/tv/CD81S7tjEv6/?igshid=1io92ep1dngnu>

## 5. What is the intention behind what I'm doing?

You may feel pressure to show up in more ways than you want to. Please be kind and gentle with yourself. Do only as much as you can without guilt and shame. What is the motivation behind what you're doing? Guilt, obligation, because you have to? Channel some of that into kindness toward yourself. You don't need to pressure yourself into doing more.

**You can check out this video to help understand anxiety and how to manage panic attacks:**

<https://www.instagram.com/tv/CDqyI23De1K/?igshid=rcno1m0dtv9m>

## 6. Regulate your content consumption and sharing

Sometimes it helps to share content that is warm, fuzzy and funny. We've got a lot going on. Keep it real but allow yourself to find that balance between the heavy and the lighter parts of yourself. We are allowed to see the world in balance even if it's all feeling heavy right now. You're allowed to make space for the lighter parts of yourself.

**You can check out this video to understand how to express yourself healthily through journaling:**

<https://www.instagram.com/tv/CDWHxVbDIDE/?igshid=9rmpi0yum57r>



## 7. Avoid burnouts

Take breaks to rest and just be. Connect with your body and what your body needs. Avoid using words like lazy, demotivated, unproductive and inefficient in relation to yourself and others. You're doing the best you can and taking short breaks can help you feel energised to show up in ways that you want to! Rest is not a bad word!

With all our love and support,

**Leanne Pais**

Founder

[The Unopened Box](#)

Our Mental Health Revolution

(Feel free to reach out to us on [Instagram](#) if you'd like some guidance)