

# St. Vincent's Healthcare Group

## Patient ways to wellbeing during COVID-19

### Emotions



#### Whats likely

Fear, anxiety, sadness, guilt, shame, worry, helpless, disbelief, despair, disgust, anger, frustration, irritability and more are all normal feelings in the current situation.

#### Known to help

- Remember what has helped you in the past. Can you use some of these strategies now?
- Remember its ok to feel how you feel. It can be helpful to name the emotion
- Talk to someone you trust about how you are feeling

### General Wellbeing



#### Whats likely

It can be hard to look after yourself during a crisis. Your physical wellbeing such as appetite, sleep, and energy levels can be impacted by worry and stress.

#### Known to help

- Try to eat and rest well
- Limit caffeine & alcohol
- Ask for advice from your medical team if you are worried about your health or medication

### Connection



#### Whats likely

You might feel lonely and isolated due to cocooning, physical distancing, or not being able to have visitors if you are in hospital

#### Known to help

- Stay in contact with family and friends by telephone, video calls or the internet.
- Ask for help with getting setup if its new for you
- Write letters or cards to family and friends and ask someone to post them for you

### Coping



#### Whats likely

It can feel overwhelming at times. It can be harder to do things we know are helpful in the middle of a crisis.

#### Known to help

- Stop and breathe.
- Try and keep a routine as best you can; Try to do some enjoyable and relaxing activities
- Limit your time listening to news updates or on social media



For more support information visit:  
<https://www.stvincents.ie/departments/psychology/>

**Department  
of Psychology**

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HEALTHCARE GROUP**  
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