



COVID CARE

Competing Care Demands

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Recognise you
cannot help
everyone and
you do not
need to



Right now it feels like the whole world is bleeding. Everywhere you look someone is hurting and in need.



We will have different responses to this, if we are not careful we can feel helpless and hopeless.



Recognise that there are different levels of social connections and decide which level you want to and can focus on



Schedule your care focus

- Pick a time in the day where you can ask yourself which social network level you want to focus on. Decide how much time you can devote to this:
 - A car ride where you call
 - 20 minutes in the day
 - One afternoon in the weekend
- For example:
 - Wider social network and their concerns (e.g. business owners doing it tough, health workers you want to support, donating to a fund helping people who have lost their jobs)
 - Friends you share common activities with (gym friends, school parents, colleagues)
 - Close friends you frequently meet and share life with (having coffee, going to the movies)
 - Intimate friends you share your tough times and vulnerable self with (usually only a couple)



Vary how you care

- Ask and don't assume that what we think someone needs is what they think need.
- Choose the type of care you can extend:
 - Practical: food, essentials, fun items, craft kits
 - Financial: donations, pay it forward, sponsor a coffee for someone
 - Information: send a tip sheet, share an article, pass on ideas for friends in self isolation
 - Companionship: have a virtual coffee over Skype, call a friend while you drive, watch a movie together by sharing a screen online
 - Listening: don't feel the need to fix anything, just a listening ear that gives space for someone to talk