

## PBS Helpline Resources

### Building confidence and managing in a crisis

Covid-19 has brought with it a huge amount of change. Even when we think we're managing ok, there may be underlying ripples of anxiety going on for all of us. If you're living in a tricky situation, if you have additional needs (or are caring for someone else who does), it can feel overwhelming.

We can be really quick to question ourselves, to think we're doing it all wrong and we're not coping.

#### **Remember you are doing really well!**

You are doing your best, and so is the person you're caring for. You're doing your best with what you've got in the situation that you're in.

#### **When we're stressed, we look for the negatives**

It's a survival mechanism to look for risks to keep us safe, which is fine. But it can mean that we don't notice the positives.

#### **Look for the positives**

In any day, in any hour, there will be something that's ok, even if it's tiny. Write these down if it helps. Doing this can be a massive boost, and helps to refocus our brains towards the positives. It's also something we can build on – so once we've noticed something that worked, we can use it again.

#### **You're not alone**

If you're struggling, please ask for help. Use the PBS helpline, or other support that's available locally and nationally