Space from COVID-19

Challenging Times
Helps to normalise worries and difficult emotions (e.g. fear and anxiety), provides emotional coping strategies (e.g. relaxation) and gives practical solutions for maintaining wellbeing in a time of crisis (e.g. self-care, staying connected, prioritisation, hope and resilience).

Mindfulness
Introduces users to the core principles and benefits of mindfulness. Providing them with guided audio meditations to bring them into the present moment and help them tune into and sit with uncomfortable emotions or physical sensations.

Sleep Difficulties
This module focuses on developing good sleep habits (sleep hygiene). Users will consider their sleep routine and learn more about habits that promote sleep and those that are unhelpful. Activities enable the user to develop a healthy sleep cycle.

Grief and Loss
Support users experiencing loss during this time, by exploring their own unique grief response and providing them with practical strategies and healthy coping mechanisms for dealing with grief.

Relaxation
Encourages users to try a variety of relaxation techniques and integrate relaxation practices into their daily life.

MODULES	GOALS	TOPICS	ACTIVITIES
Challenging Times	- Normalise and validate common emotions and reactions in a time of crisis - Provide a simple mental framework for dealing with challenging situations - Support users to tolerate and regulate distress, emotional responses and worry - Empower users to focus on what is within their control - Provide helpful strategies for maintaining well-being in times of distress - Educate users on the importance of maintaining social connections while needing to maintain physical distance - Promote the maintenance of self-care for optimal physical and mental health - Support users in prioritising what is most important, in order to reduce overwhelm - Encourage maintaining normality and routine as much as possible, particularly for families - Encourage the user to actively engage in methods for increasing their sense of hope, resilience and balanced optimism	- Normalising anxiety, fear and other common reactions to crisis situations - A simple mental framework for how to deal with challenging situations - differentiating between what the user can and can't control - Tolerating and regulating challenging emotions, psychoeducation about the function of negative emotions - Relaxation exercises to help coping with distressing emotions - Tips for focusing on what the user can control, linking to content in the rest of the program - The importance of social networks, communities and supporting others, ideas for how to connect with others at this time - Importance of maintaining one's self-care e.g. physical care, enjoyable activities, flow, self-compassion - Normalising difficulties experienced in juggling life roles, prioritisation strategies for time management - Building new routines and keeping up activities to maintain a sense of purpose and structure - Tips for surviving self-isolation - Tips for staying hopeful, maintaining balanced optimism and building resilience during challenging times	- How Are You Feeling? - Journal tool - Grounding and relaxation exercises - My Backup and Support Network - Ideas for Staying Connected - My Self-Care Activities - Time Management - Activity Scheduling
Sleep Difficulties	- Provide education regarding common causes of and behaviours that maintain sleep disturbance - Facilitate users to gain insight into their sleep patterns and the factors contributing to their sleep disturbance - Empower users to integrate sleep hygiene techniques into everyday life - Support users to reflect on the impact of sleep hygiene techniques on quality of sleep	- Psychoeducation regarding common causes of sleep disturbance - Maintaining factors in poor sleep quality - Impact of worrying about sleep pattern - Making changes using sleep hygiene technique and reflecting on the impact	- Taking a closer look at sleep - Tips for Sleeping well

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Relaxation	- Provide education regarding relaxation and its benefits - Encourage users to try a variety of relaxation techniques - Support users in the continued practice of relaxation techniques to develop relaxation skills - Empower users to reflect on the impact of relaxation techniques on their wellbeing	- Psychoeducation regarding the benefits of relaxation - Relaxation as a skilled practice - Breathing Exercise - Progressive Muscle Relaxation - Visualisation	- Breathing Space - Progressive Muscle Relaxation - Guided Visualisation
Mindfulness	- Provide education regarding mindfulness, its core concepts and the benefits of practicing it - Support users to improve ability to practice mindfulness - Empower users to integrate mindfulness into everyday lives to reduce symptoms of mental and physical distress	- Psychoeducation regarding the core concepts of mindfulness; awareness, acceptance and kindness - Benefits of mindfulness - Preparing to be mindful - Using mindfulness in daily life - Mindfulness Exercises	- Breathe - Mindful Eating - Mindful Walking - Sounds - Body Scan - Watching Thoughts - Soothing Presence - Safe Place - Compassionate Companion
Grief and Loss	- Normalise the grief process and encourage users to actively express their grief - Introduce common emotional responses to grief and support users in identifying their own unique responses - Promote restorative practices that help the user to rebuild their lives	- Understanding grief and common emotional responses to grief - Past losses and their impact on current grief - Dealing with grief - dual process model (confronting/restoration) - Expressing emotions, rituals, self-care, self-compassion - The importance of social support; communication and grief - Planning for the future - triggers and anniversaries	- Grief Myths and Facts Quiz - My Grief Symptoms - My Past Losses - My Grief Emotions - Confronting My Loss - Restoring Myself