

Case Study - Answer Sheet

Kate has been stood down from work because of COVID-19. She qualifies for government assistance and has access to a large amount of savings as she was planning to travel next year, so her financial situation is good.

Kate is feeling anxious about COVID-19 and her days seem so long without work to go to.

Are the behaviours below positive or negative?

Behaviour	Positive	Negative
Walking around the local area each morning	<input checked="" type="checkbox"/>	
Spring cleaning her cupboards	<input checked="" type="checkbox"/>	
Occasionally staying up late watching Netflix followed by a sleep in	<input checked="" type="checkbox"/>	
Drinking alcohol excessively		<input checked="" type="checkbox"/>
Sending nasty messages to her ex-boss for choosing to stand her down but allowing other colleagues to keep working		<input checked="" type="checkbox"/>
Making face masks out of scrap material	<input checked="" type="checkbox"/>	
Applying for alternative jobs	<input checked="" type="checkbox"/>	
Helping her elderly neighbours with their shopping	<input checked="" type="checkbox"/>	
Yelling at her parents over the phone to vent her frustrations		<input checked="" type="checkbox"/>