

## Case Study

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		
Spring cleaning her cupboards		
Occasionally staying up late watching Netflix followed by a sleep in		
Drinking alcohol excessively		
Sending nasty messages to her ex-boss for choosing to stand her down but allowing other colleagues to keep working		
Making face masks out of scrap material		
Applying for alternative jobs		
Helping her elderly neighbours with their shopping		
Yelling at her parents over the phone to vent her frustrations		