

Hints & Tips on how to cope during the COVID-19 Outbreak

- Be supportive of those who have diagnosable mental health conditions such as health anxiety or OCD who could be experiencing heightened triggers at this time.
- Ensure you are receiving your information from factual sources such as the World Health Organisations, NHS etc.
- Limit your social media intake, follow accounts which make you feel positive and mute those hashtags or accounts which create further anxiety or worry.
- Find distractions such as, exercising in the home or garden, new hobbies and checking in with others.
- Take care of both your mind and body.
- Create a new routine. This may feel awkward at the beginning. Embrace the extra time you may have from not having to commute, do the school run etc.
- Create boundaries around your communication – don't feel you have to check-in with people continually or if you want to speak to someone outside of your support network use charities such as No Panic.
- Have a 'worry time' where you allow yourself to worry for a small amount of time.
- Empty all your fears and concerns out onto paper this may help with relieving the pressure cooker feeling in the head.
- Be honest. No-one is expecting you to be positive every day. It is better to acknowledge all your emotions whether sad, upset, guilty, anxious, angry...
- Create some calm into your day. There are lots of apps, youTube videos and IG accounts to access mindfulness and meditation exercises. No Panic have a whole range of resources.
- Take mindful moments throughout the day, such as when you are brushing your teeth or washing the dishes.
- Change your mindset; You are not stuck at home with everything shutting around you, You are at home staying safe and all essential places are staying open; medical centres, food shops and chemists.