

Mental Health

It's ok to be worried

Stress and anxiety are very normal feelings to experience in this situation. Talking about your worries with others is always a good way to help overcome them. Try to find ways that help reduce your stress and anxiety levels, some ideas are included in this poster.

In your Control

Maintain high levels of hygiene, wash your hands for 20 seconds with soap and hot water. Avoid physical contact with others. Complete tasks and jobs that you have to do as it will give you a sense of accomplishment!

Healthy Routine

It may be different to your normal routine, but try to plan a time to get up, get dressed, eat and plan the activities you will be doing throughout the day. This could include meal times, the work that you plan to do, exercise, breaks and time to relax.

Sleep Patterns

Don't get into the habit of going to bed really late and getting up late. Keep to a routine as much as possible and set an alarm to wake you up to start your day.

Stay connected

It may be difficult to see people that you normally spend a lot of time with, but that doesn't mean you can't stay in touch. Make a point of calling, facetimeing, messaging or sending an email to someone to say hi, it will not only make a difference to you, but it is sure to brighten their day too.

**Covid-19
Advice
Vyners**

Limit news exposure

Whilst you cannot avoid it all together, set yourself limits on the amount of time you will spend accessing information on the pandemic. It can become distressing and can lead to catastrophising. If you start to feel this way, keep to factual sources and rationalise your thoughts with information.

Stay active

Go for a walk, do a home workout, a yoga session or simply get up regularly and stretch your legs. If you are self isolating you won't be doing your normal level of activity so it is important to keep your body moving to support your physical and mental health.

Fake News

There is so much information, it is difficult to know what is accurate and what is not, try to avoid information on social media that does not have a legitimate source and check information on Gov.uk, WHO and BBC news.
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.gov.uk/government/topics/coronavirus-covid-19-uk-government-response>

Environment

Keep things clean and tidy and make it a nice space to be in, this will be especially important if you are self isolating. Where possible, bring nature inside e.g. let fresh air in with open windows, let natural light in or keep plants on windowsills.

Do something you enjoy

Only you will know what this is for you!